

Self-reflection worksheet.

Reflection is an excellent way to build resilience. This worksheet can help you to look back and evaluate a stressful situation, without negative thoughts and emotions, and consider what you might do differently next time.

1

Description.

Write down a stressful or challenging situation that happened today:

2

Feelings.

How did it make you feel?

3

Evaluation.

What was good and bad about the experience?

good

bad

4

Analysis.

What sense can you make of the situation?

5

Conclusion.

Could you have done anything differently?

6

Action plan.

If it happened again, what would you do?