

Self Reflection Journal

Name:

**Who gives
me
comfort?**

**What
keeps me
grounded?**

**When am I
at my
best?**

**Where do
I feel
safest?**

What worked well (and
did not work) for me
this year?

Favourite Event

Write and/or draw a picture of your favorite event.

3 things I am most
proud of this year and
why?

What resources (and/or books) helped me grow and why?

What is a good habit I
built this year?
How has it influenced
my life?

Something Funny

Write or draw a picture of something funny that happened

What surprised me
most this year and
why?

What is the most
important lesson I have
learned this past year?

What can I do today
that I wasn't capable of
a year ago?

To Remember

Write or draw a picture about something you want to always remember about this year.