

Worksheet G: Self Reflection & Review

"Looking back, so the view looking forward is even clearer"

Your progress and success, whatever your goal, can be impacted by many, many things. Take some time to ask yourself any (or all) of these key questions below. By reflecting on your experiences and thoughts you can learn a lot and pave the way for future success

Here are some crucial questions in 8 key areas:

The 3S's → Sleep, Stress, Support

Sleep

Have you been supporting your efforts with enough quality sleep? What else can you do to assist recovery?

Stress

What else has been going on in your life? Has this helped or hindered your progress? Why?

Support

It has been said that you are the average of the 5 people you spend the most time with, how have your 5 people been influencing you?

The 5 E's → Effort, Execution, Environment, Evidence, Engagement

Effort

How hard have you worked to achieve your goal? Has your effort level warranted results?

Execution

How have you stuck to your plan? How have you altered course?

Environment

What changes have you made to the space and things around you that support your goal?

Evidence

Looking back over the past 2 weeks, what evidence can you provide that you've executed on your plan?

Engagement

Have you enjoyed this process? How could you embrace this process even more?

Re-visit this process as often as you like! You may find you have certain areas you want to focus on, or that you find really important for you goals.