

# 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?

**4** **Evaluation.**  
What was good and bad about the experience?

**good**

**bad**

**3** **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?