

A Practice of Self-Reflection

Directions: Using the template below, describe how you see yourself in each category. Make a habit of this practice, quarterly, monthly or however frequently you would benefit from self-reflection in these areas. Share it with a trusted friend or colleague and compare and discuss how you each answered.

Values

The principles that guide how you govern and live your life.

Passions

What you love to do.
What gets you inspired.

Aspirations

What you want to experience and achieve.

Fit

The environment you require to be happy and engaged.

Patterns

Your consistent ways of thinking, feeling, and behaving across situations.

Reactions

Feelings, and behaviors that reveal your strengths/weaknesses.
Your responses.

Impact

How your actions affect and are perceived by others.