



SELF-REFLECTION

to improve my self-care

3 things I like
about myself:

3 things I am
good at:

3 things I do for
my physical
self-care:

3 things I do for my
mental self-care:

1 way to improve my
physical self-care:

1 way to improve
my mental self-
care.



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Goal Setting

3 things I would like to achieve personally:

3 things I would like to achieve professionally:

3 things I would like to prioritize in my life:

What are the top goals of each list above (one from each):

What are 3 daily habits you can do to support each of those 3 goals:

What is the time frame for achieving each goal:
