

REFLECT AND GROW

A WORKSHEET DESIGNED FOR YOUR WORK
TO BE USED EVERY 4 MONTHS

DATE: _____

LIST 3 THINGS YOU'RE PROUD OF FROM YOUR WORK FROM THE LAST 4 MONTHS:

1. _____
2. _____
3. _____

LIST 3 THINGS YOU'RE DISAPPOINTED IN FROM YOUR WORK FROM THE LAST 4 MONTHS:

1. _____
2. _____
3. _____

IS YOUR CURRENT WORK MOVING YOU TOWARDS OR ALREADY FULFILLING YOUR DESIRED LIFE?

☐ YES

NO

INTERNALLY CONSIDER WHAT YOUR DESIRED LIFE IS. TAKE A MOMENT TO REFLECT UPON WHY YOU SELECTED 'YES' OR 'NO'.

WHAT IS ONE WORK HABIT YOU KNOW YOU NEED TO IMPLEMENT/IMPROVE OR ELIMINATE?

WHAT ARE 3 THINGS YOU CAN DO TO AFFECT THIS WORK HABIT OVER THE NEXT 4 MONTHS?

(Reading Resource: Atomic Habits by James Clear)

1. -----

2. -----

3. -----

DO YOU FEEL AS THOUGH YOU ARE WORKING TO YOUR POTENTIAL?

☐ YES

☐ NO

WHAT ARE 4 WORK GOALS YOU WOULD LIKE TO ACHIEVE IN THE NEXT 4 MONTHS?

1. -----

2. -----

3. -----

4. -----

WOULD ACHIEVING THESE GOALS MAKE YOU TRULY PROUD OF YOURSELF?

☐ YES

☐ NO

IF 'NO' CHANGE YOUR GOALS.

OPTIONAL: LIST A MAXIMUM OF 4 OVERARCHING WORK GOALS FOR THE YEAR. THESE GOALS SHOULDN'T (BUT CAN) BE CHANGED THROUGHOUT THE YEAR. THEY ARE DESIGNED TO FOCUS YOUR WORK.

1. _____

2. _____

3. _____

4. _____

GROWTH IS THE EMBODIMENT OF CHANGE. USE THESE REFLECTIONS TO GROUND AND GUIDE YOU, WITH THE KNOWLEDGE THAT YOU CAN DIVERGE FROM THESE WORDS WRITTEN ON THIS WORKSHEET, AS LONG AS IT IS SERVING YOUR DESIRED PATH.

SPECIAL THANKS TO CHRISTINE GERONIMO AND TYLER DAVIS FOR HELPING ME PUT THIS WORKSHEET TOGETHER.

☐ I AGREE THAT I WILL NOT DISREGARD THE REFLECTION I HAVE MADE IN THIS WORKSHEET

☐ I AGREE THAT I WILL ACTIVELY IMPLEMENT/IMPROVE OR ELIMINATE THE HABIT I HAVE IDENTIFIED

☐ I AGREE I WILL USE MY TIME AND EFFORT TO ACHIEVE THE WORK GOALS I HAVE SET OUT FOR MYSELF

SIGNATURE: _____