Life Reflection Worksheet

Take time to reflect on your life. Record your current status and address anything you want to change to better benefit your life.

Hobbies- What is a current hobby you enjoy now?

Is there any action you would like to take?

Home- How do you feel in your home?

Is there any action you would like to take?

Self Love- What are ways you appreciate yourself?

Is there any action you would like to take?

Relationships- How do you hold strong relationships?

Is there any action you would like to take?

Spiritual- What are your spiritual practices?

Is there any action you would like to take?

Goals- What goals have you set lately?

Is there any action you would like to take?

Work-What could you do at work to simplify your day?

Is there any action you would like to take?

Finances-How do you feel about your finances?

Is there any action you would like to take?

Health & Hydration-List a health related achievement ?

Is there any action you would like to take?

Mindfulness-How do you practice being present every day?

Is there any action you would like to take?

Socializing-How are you active in your community?

Is there any action you would like to take?

Recognizing Emotions-How do you recognize your emotions?

Is there any action you would like to take?

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