

SELF-REFLECTION ANALYSIS

Date: _____ Focus Area: _____

1. CURRENT STATE EVALUATION

Key Accomplishments

Primary Challenges

2. EMOTIONAL AWARENESS & ENERGY

Rate your overall fulfillment (1-10):

3. BEHAVIORAL PATTERNS

What habits served me well? What habits hindered my progress?

4. GROWTH & INTEGRATION

Lessons Learned

Future Adjustments

5. CORE INTENTIONS

Define one singular focus for the upcoming period:

"Awareness is the precursor to change."