## 5% Reflections worksheet

	FEELINGS Strongest feelings this past month. Single words (joy, sad etc.) 3-5 words each box	HEADLINE What caused these feelings? Only one sentence	SIGNIFICANCE (5%) How was this <u>personally</u> significant to me? Dig deep!	
Work				
Family				
Personal				
	<u>:</u>			
A challenge or opportunity I would like to explore further with the group is				

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