

SELF-REFLECTION WORKSHEET

priorities? Where am I heading regarding my career? How do I fee about my relationships? Have I spent some time <i>completely by myself</i> today without being gluto my phone, computer, or television? What did I choose to do?	nd soul-searching, what are my top	After some self-reflection
Have I spent some time completely by myself today without being glu	ding regarding my career? How do I feel	priorities? Where am I
		about my relationships?
to my phone, computer, or television? What did I choose to do?	npletely by myself today without being glue	Have I spent some time
	television? What did I choose to do?	to my phone, computer

Have I given some space to my partner or am I clinging unnecessarily. What am I afraid of? Am I okay with going out for a walk or spending.
time apart from my partner? Why or why not?
Have I looked within today and tried to nurture my spiritual self? H can I make time for prayer or meditation every day?
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and	negative ways of thinking? What would I like to change?
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Have	e I used my solitude to do something fulfilling such as: Lister
	of about the bolicage to do bolineuling fulllilling buell as. Dister
to cl	assical music, gardening, or reading a good book? Have I writ
to cl	assical music, gardening, or reading a good book? Have I writely journal? Have I spent time engaging in my hobby? Why or
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