

Name: \_\_\_\_\_

**“Personal Reflection Entries” can be completed in any order. Choose 20 to be entered on your website over 20 weeks. Write the entry date and # next to the ones you complete. Entries must be a minimum of 3 sentences and include reasoning.**

Entry #	Completed on (Date)	Reflection Questions to Choose From (Must do 20 total by QTR 4)
		What can I do right now to make my week less stressful?
		Is there anyone that deserves a big thank you right now?
		What are my top 3 goals for the next 3 years?
		What am I looking forward to during the upcoming week?
		How can I help myself get things done on time?
		What are my biggest fears right now?
		What am I most grateful for?
		Why is it important to me to do things right?
		Am I using my time wisely?
		Am I currently achieving the goals that I set for myself?
		What worries me most about the future?
		What am I really scared of?
		What matters most in my life?
		How have I made others smile today?
		What do I need to change about myself?
		How did I live this week with purpose?
		Who has the greatest impact on my life right now?
		What do I want most in life?
		Which is worse, failing or never trying?
		My favorite way to spend the day is...
		What do I love about life?
		I feel most energized when...
		How will I use what I've learned in the future?
		What is something you learned about yourself this week?
		What brought me joy this week?
		What is one thing I will do differently next week?
		What accomplishments are you most proud of?
		What's the most beautiful place you have ever been?
		What's 1 thing you learned this week related to service learning?
		Who are your heroes?
		What do you want to be remembered for?
		What is your best quality?
		What is a character trait you want to develop?
		Who "Really" knows you?
		How are you different now compared to last year?
		Who is an adult you relate to?
		Who is an adult you look up to?
		Who is someone to deeply respect?