

Reflection Worksheet

A companion for the books, videos & resources you explore

After reading or watching, take a moment to pause and notice. There are no right answers — let your responses come gently, in your own words and time.

1. What stood out to me most?

2. How did this make me feel?

3. What feels relevant to my life right now?

4. What is one thing I'd like to remember or explore further?

5. What is one small step I can take to support myself?

Take what helps, leave what doesn't, and move at your own pace.

SteadyRise Counseling