

Reflection Worksheet

Directions: Answer the following questions honestly. Be prepared to share some of your responses with the group.

1. **One thing that I will take with me from this training is:**

2. **One judgement or bad habit from my work that I will leave behind is:**

3. **One way that I take care of myself while doing this work is:**

4. **One thing that really upsets me about this work is:**

5. **One thing that I am proud of in my work is:**

6. **One thing that still seems unclear or I need to think more about is:**