



*REFLECTION
WORKBOOK*





REACHING YOUR FULL POTENTIAL

This section is all about you. We have provided you with three main questions to help you reflect on who *you* really are.



WHO AM I?

AM I REALLY WHO I SAY I AM

*IF NOT, WHAT NEEDS
TO CHANGE*

AM I ALL I OUGHT TO BE?

*IF NOT, WHAT NEEDS
TO CHANGE*

STRENGTHS

WEAKNESSES



HOW WILL YOU REACH YOUR FULL POTENTIAL?

Now that you've identified who you really are, take some time to reflect on *how* you can turn what your heart desires(dreams) into reality.



HEART'S DESIRES

TURN THEM INTO GOALS

IMPLEMENT A PLAN

OPPORTUNITIES

THREATS



THANK YOU

Thank you so much for taking the time to complete this workbook. We hope you enjoyed it and really gained some insight on becoming a *better* you. Keep in mind that this workbook isn't just for an 'end of the year reflection,' but a reflection that can be done whenever.