

Worksheet – Reflection Questions

Record your answers to these questions after you apply a skill.

1. **What happened?** How do you feel about it? Who did what? What was the sequence of events?

2. **Why did it happen that way?** Cause and effect? Your motives? What helped or hindered?

3. **What were the consequences?** Outcomes? Benefits? Costs? Problems? Resolutions?

4. **How would you handle a similar situation in the future?** What lessons did you learn? What basic principles?

5. **What are your next steps?** What will you do in the next 48 hours to implement this learning?
