Reflection Prompts

1

- [ ] I planned.....
- [ ] What happened?
- [ ] What went well?
- [ ] What could I do differently next time?
- [ ] How was I feeling at the time?
- [ ] What sensations did I feel in my body?

2

- [ ] What was I afraid of?
- [ ] Why did it matter?
- [ ] What did my inner child need?
- [ ] How could this understanding influence my parenting?
- [ ] What would Love say about this?
- [ ] What can I do to nurture myself right now?

3

- [ ] What Matters Action Plan

Three things I'll do that matter	By when?	Tick
1)		☐
2)		☐
3)		☐

4

- [ ] What is important?
- [ ] What makes sense?
- [ ] What do you hear?
- [ ] What is your inner voice telling you?
- [ ] What stories are you telling yourself?
- [ ] What is at the heart of this?