Reflection Sheet

I planned:
What happened?

1 . What went well?

2) What didn't go so well?

3) What could I do differently in the situation next time?

4) How was I feeling at the time?

5) What sensations did I notice in my body?

6) What was I afraid of?

Reflection Sheet

7) Why did that matter?

8) What did my inner child need?

9) How could this understanding influence my parenting?

10) What would Love say about this?

11) What can I do to nurture myself right now?

What Matters? Action Plan

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