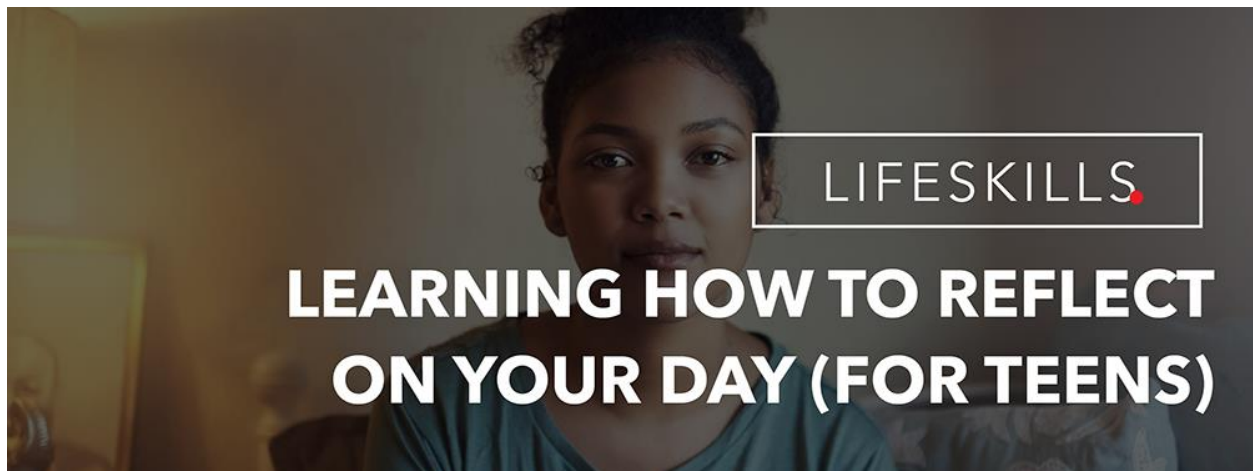




Learning How to Reflect on Your Day (For Teens)

Helping teens learn to reflect on their day can give them the skills they need to overcome challenges and make better choices in the future. This can be especially helpful in different areas of their lives right now.

This Weeks Focus...

Reflection For Personal Growth

What is one thing I learned today, either about myself, others, or the world?
What challenges did I face, and how did I handle them? What could I have done differently?

When did I step out of my comfort zone today, and what did I learn from it?

What was my greatest accomplishment, no matter how small?

How did my actions today align with my core values?