



REFLECTION WORKSHEET

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From Routine to Reinvention – The Power of Reflecting on Where You Are



Section 1: Where Am I Now?

1. What does a “typical day” in my life look like right now?



2. Which part of my current routine feels life-giving? Which parts feel draining?



Life-Giving:



Draining:



Section 2: What Do I Want?

3. If nothing was holding me back, what would I want my daily life to look like?



4. What parts of me have I been ignoring while stuck in routine?



Section 3: What Needs to Change?

5. What small shift can I make this week to realign with the life I want?



6. What is one mindset or belief I need to let go of in order to grow?





Section 4: Your Next Step

7. What is one commitment I can make to myself for the next 30 days?



I commit to:

8. Who can support me or hold me accountable on this journey?



Name or Role:



Final Thought

9. Finish this sentence: "I am ready to break out of routine because..."



BONUS: Use This Week's Challenge

For the next 7 days, set aside 10 minutes each morning or evening to reflect and journal.

Here's a simple prompt you can repeat daily:



"What do I need today to feel more like me?"