



Reflection Worksheet



Natasha Archer

Introduction

Guided reflection worksheet

Reflection doesn't have to be complicated. This worksheet will help you to structure and get the most out of your reflections.

About Me



I'm Natasha, I'm a registered children's nurse in the UK with over 12 years of clinical experience. I have a background in paediatric intensive care. I'm also a trained practice nurse still practicing within the NHS and private sectors. I am a confidence coach for women in business. I am a single mother to one amazing son. I am also a published author with my son as co-author.

I started my self-love/confidence journey over 9 years ago. Being a single mother at the age of 23 was scary and daunting. Once my son was born, I dedicated all my time and energy towards him. You may ask what is wrong with that!! The problem was I gave literally every part of me to him; I forgot myself and who Natasha was before she became a mother. I gave up my hobbies, my pleasures, and was known as 'mother' and that's it.

I've always been confident and showed it outwardly so well, however internally I question myself a lot about everything I would lose sleep over thinking.

I started my coaching business because my vision is to help women who have started a business to increase their confidence internally and not just externally. To be able to fully find their voice, show up confidently on social media, and become the CEO of their business.

Helping them to realise they are important and it's OK to not have their shit together all the time.

By working with me, you will gain the unshakeable confidence within yourself. To be able to set healthy boundaries, gain clarity, increase your confidence to be able to show up powerfully the way you want to on social media.

I have gone through the steps of my signature method.

It is a 3-step process: we start with Realising the true reason why you are holding yourself back from being seen. We then Confront the reason or reasons why there may be multiple reasons, and from this we then Transform into the confident woman you have always wanted to be.

You are not alone and do not have to travel this journey by yourself. As someone who has been there and grown through it, I am here to help you.

Why spend years trying to get back to you when you can work with me and I can save you 3 plus years of doing it alone.

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Practicing Reflection

Remember, self-reflection is a personal journey, so be patient and kind to yourself as you explore your thoughts and emotions.

Self reflection Tips

1 Find a quiet and comfortable place

Choose a peaceful environment where you can focus and reflect without distractions. This could be a cozy corner in your home, a park bench, or any place that allows you to feel calm and at ease.

2 Set aside dedicated time

Schedule moments for self reflection into your routine. It could be daily, weekly, or whenever you feel the need to pause and reflect. Consistency is key to making self-reflection a habit.

3 Ask yourself open ended questions

Examples include "What are my values and how am I aligning my actions with them?" or "What are my strengths and how can I leverage them to achieve my goals?" Allow yourself to explore these questions deeply and honestly.

4 Journal your thoughts and insights

Putting your thoughts on paper helps to clarify your feelings and gain a deeper understanding of yourself. It also allows you to track your progress over time and identify patterns or areas for growth.

3 Pillars of Reflection

This involves being aware of your thoughts, emotions, beliefs, values, strengths, and weaknesses. Self-awareness allows you to gain insight into your behaviors, motivations, and patterns, enabling personal growth and informed decision-making.

Self-awareness

Self-reflection goes hand in hand with taking responsibility for your actions and their consequences. It involves acknowledging your role in situations, both positive and negative, and recognizing the impact of your choices on yourself and others.

Accountability

Self-reflection is an ongoing process. By embracing a growth mindset and actively seeking opportunities to learn and evolve, you can enhance your skills, expand your knowledge, and strive towards becoming the best version of yourself

Continuous learning and growth

Basic Rules of Reflection

Stick to Basics

Keep it simple

Do regular reflection

find your own routine and rhythm

Don't overthink it

What comes to mind let it flow and document it

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Self reflection Prompts

1. What are my core values and how are they guiding my decisions and actions?
2. What are my biggest strengths and how can I leverage them to achieve my goals?
3. In what areas of my life do I feel fulfilled and why?
4. What are some patterns or habits that may be holding me back from reaching my full potential?
5. How do I handle failure or setbacks, and what can I learn from these experiences?
6. Are there any relationships or situations in my life that are draining my energy or hindering my growth?
7. What are my long-term goals and what steps can I take to move closer to achieving them?
8. How do I prioritize self-care and ensure my physical, mental, and emotional well-being?
9. What are some limiting beliefs or negative self-talk that I need to challenge and reframe?
10. How can I cultivate more gratitude and appreciation for the present moment in my daily life?



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Empower Your Journey: A Deep Dive into Guided Self-Reflection"

1. Find a quiet and comfortable space where you can focus without distractions. You may want to dim the lights, play soft music, or light a candle to create a calming atmosphere.
2. Take a few deep breaths to calm your mind and center yourself. Close your eyes if it helps you to focus.
3. Begin by reflecting on your recent experiences, either from the past day or week. Think about the various activities, interactions, and events that took place.
4. Ask yourself: What were the significant moments or events that stood out to me? Take a few moments to recall those experiences and bring them to the forefront of your mind.
5. Explore your emotions and thoughts associated with those experiences. How did they make you feel? Were you happy, sad, frustrated, or inspired? Allow yourself to fully feel and acknowledge those emotions without judgment.
6. Dive deeper into the thoughts and beliefs that were triggered by those experiences. What were the underlying beliefs or assumptions that influenced your emotional response? Reflect on whether those beliefs are serving you or if they need to be challenged.
7. Consider the lessons or insights you can draw from these experiences. What can you learn about yourself, others, or the situation? Are there any patterns or recurring themes that you notice? Reflect on how these insights can inform your future actions and decisions.
8. Move on to reflect on your current state of mind and well-being. How are you feeling physically, mentally, and emotionally? Are there any areas that need attention or improvement? Consider what self-care practices or adjustments you can make to support your overall well-being.
9. Assess your progress towards your goals or aspirations. What steps have you taken? What challenges have you encountered? Reflect on your achievements and areas where you may need to redirect your efforts. Consider what adjustments or new strategies you can implement to move closer to your goals.
10. Reflect on your relationships with others. Are there any dynamics that need nurturing or addressing? Consider your communication, empathy, and connection with loved ones or colleagues. Reflect on how you can deepen or improve the quality of your relationships.
11. Take a moment to express gratitude for the positive aspects of your life and acknowledge your achievements, no matter how small. Reflect on the things you are grateful for and the progress you have made. Cultivating gratitude can help shift your perspective and bring more positivity into your life.
12. Finally, set an intention or action plan based on your reflections. What steps can you take to grow, improve, or create positive change in your life? Identify specific actions or habits that align with your insights and intentions. Write them down or make a mental note of what you will do differently moving forward.

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