

Self Discovery: Weekly Reaction Sheet

Use the answers as the basis for a discussion on value of setting goals as ways to improve.

It can also be used on a weekly basis to keep students focused on short or long term goals they have established as well as to develop self-awareness.

1. What was the high point of the week?

2. Whom did you get to know better this week?

3. What was something that you learned about yourself this week?

4. What is something that has changed in your life this week? Is it a change **you** made?

5. How could this week have been better?

6. What did you procrastinate (put off longer than you should have) about this week?

7. Identify a decisions or choice you made this week:

8. What was the result of that choice/decision?

9. Did you make any plans this week for future events?

10. Unfinished business:
