

# Reflection Questions

As one year ends and another year begins, it can be helpful to take the time to self-reflect. Reviewing reflection questions can help you get a deeper understanding of yourself, your emotions, and your motivations.

## Reflecting on the Past

- What are some challenges I've overcome recently?
- ◆ What have I done that I can be proud of?
- ✚ How have I demonstrated courage this past year?

## Reflecting on the Present

- ◆ What are some of my strengths?
- ◀ What are my morning and evening routines? Do they help prepare me for the day ahead?
- How do I encourage myself when I'm confronting a challenge?

## Reflecting on the Future

- ✚ How can I learn from challenges to create a positive future for myself?
- What new knowledge or skills do I wish to learn?
- ◆ What do I want to prioritize in the year ahead?



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**About Cartwheel:** We partner with school districts to provide students and families with rapid access to mental health assessments, evidence-based therapy, medication management and consultation, and parent/guardian guidance. All of our services are via telehealth with licensed clinicians. We are committed to providing affordable care for everyone - including uninsured families and those covered by Medicaid. **To learn more about Cartwheel's services, please contact a member of your school's counseling or guidance team.**