

Reflection Questions

Life Coaching for Teens



Proverbs 24:32

Then I saw, and considered it well: I looked upon it, and received instruction.

Reflecting on our goals and **CHANGING** what we do based on that reflection is the biggest key to success.

- **What went right yesterday?** (Example: I made a great grade on my Spanish test.)
- **Why did that go right?** (Example: I read over my Spanish notes every day before I did my homework)
- **How did this make me feel?** (Example: I felt great. I felt proud and happy and not worried about having to tell my mom about a bad grade. I felt smart.)
- **How can I do the same thing in other areas?** (Example: I will read over my notes in all my classes and I would score better and not have to study so much.)

- **What went wrong yesterday?** (Example: I was late to first period.)
- **How did I handle things when they went wrong?** (Example: I was rude to the student service lady and ended up in a bad mood all day long.)
- **What was the first thing that happened that started the chain that caused things to go wrong.** (Example: I didn't check my planner the night before and set my alarm. Because I didn't set my alarm, I didn't get up on time and only had a few minutes to get ready.)
- **How did this make me feel?** (Example: I felt cranky and bad all day. My friends noticed something was wrong. I had a very bad hair day and I wasn't happy.)
- **What can I do to make sure this doesn't happen again?** (Example: I will go over my planner and make sure to set my alarm so I have plenty of time to get ready for school.)

- **What can I do to make it easier to accomplish my goals each day?** (Example: I will choose good friends that hold me accountable.)
- **What decisions can I eliminate to help me accomplish my goals?** (Example: I want to read my Bible through this year. I will set my clock 10 minutes early and get a reading plan that emails me my verses every day so I don't forget.)
- **What personal gifts and abilities did God give me that make my goal important?** (Example: My goal is to learn all of my scales on the piano this year. God gave me a music gift and the opportunity to take lessons so that I can honor him and bring glory to His name by playing in church. I will use this for Him.)
- **What did I learn about myself when things went wrong today?** (Example: I learned that even if I mess up, if I respond well I can grow from my mistake. I learned that accepting responsibility is really important if I want things to be better next time. I will accept responsibility and respond with integrity and kindness.)
- **Why is it important to achieve my goals?** (Example: My goal is to make deeper connections and friends this year. I feel lonely and depressed when I don't have friends so being friendly first will help me address my emotions and realize that maybe others feel the same way and I can help them while I am meeting my goal.)

