**Reflection Handout**

Reflection can help you process your thoughts and feelings and give you the breathing space to overcome any challenging situations. It can also help ground you, if you have had success.

| Times when I have felt failure | | |
| --- | --- | --- |
| Task or exercise | Thoughts and Feelings | What I could do differently? |
|  |  |  |

| Times when I have felt success | | |
| --- | --- | --- |
| Task or exercise | Thoughts and Feelings | What I could do differently? |
|  |  |  |

Burnout to Bold by Marie Jenkins is part of Advance your Wellbeing Ltd

If you need help with Wellbeing; from consultancy to bespoke training packages or solutions visit us at www.advanceyourwellbeing.co.uk