

Progress Reflection

A PERSONAL CHECK-IN FOR EMOTIONAL AND MENTAL WELL-BEING

Name: _____

Date: _____

Check-In

How am I feeling today?

- Calm
- Motivated
- Tired
- Stressed
- Proud
- Frustrated
- Other: _____

What I Worked On

What goal, habit, or area did I focus on?

Wins & Progress

What went well? What progress did I make?

Challenges & Lessons

What was difficult?

What did I learn from it?

Growth Mindset Reflection

One mistake or setback I had:

How I responded to it:

What I can do differently next time:

Next Steps

One small step I can take next:

One habit I want to continue:

Reflection

Something I'm proud of myself for:

One word to describe my progress:

"Progress over perfection. Every step forward counts."