

Name _____ Date _____

REFLECTION PROMPT: GROWTH



You are always growing, even when you don't realize it! This may be a subtle shift in how you approach new things, a language you are learning, gradual progress in a sport you play, or something else.

PART 1: Complete the prompts below to reflect on your growth.

1. An area I have been growing in the past weeks and months: _____

2. Something (or someone) that has helped me grow: _____

3. My thoughts and feelings on my growth journey: _____

4. How I envision myself in a few weeks or months: _____

PART 2: Draw pictures to show how you're growing. You might include images to represent how your mindset has changed, how your improving skills have helped you in a specific situation, or how the growth journey has felt for you.

Where I started:	Where I am now:	Where I hope to be: