

# SELF-REFLECTION PROMPT CARDS

Get to know yourself and others a little better with these reflection prompt cards. Cut out the cards and use them as group discussion prompts or self-reflection writing prompts.

 <p><b>REFLECTION PROMPT #1</b> Describe your favorite place in nature. It can be a place you have visited or one you have seen in photos. How does this place make you feel?</p>	 <p><b>REFLECTION PROMPT #2</b> Would you rather live a life of simple, everyday joys, or grand, exciting adventures?</p>	 <p><b>REFLECTION PROMPT #3</b> What is the biggest life lesson you've learned?</p>
 <p><b>REFLECTION PROMPT #4</b> If you could secretly make someone else's dream come true, who would you choose, and what would you do for them?</p>	 <p><b>REFLECTION PROMPT #5</b> Think about yourself a year ago. How are you different now, and how are you the same?</p>	 <p><b>REFLECTION PROMPT #6</b> If you could redo one day of your life, which would you choose, and why?</p>



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 <p><b>REFLECTION PROMPT #7</b></p> <p>What motivates you in your everyday life?</p>	 <p><b>REFLECTION PROMPT #8</b></p> <p>What is the most meaningful piece of advice you have ever received?</p>	 <p><b>REFLECTION PROMPT #9</b></p> <p>What quality do you admire most in others?</p>
 <p><b>REFLECTION PROMPT #10</b></p> <p>What are three different emotions that you felt this week?</p>	 <p><b>REFLECTION PROMPT #11</b></p> <p>What is something you do when you want to cheer yourself up?</p>	 <p><b>REFLECTION PROMPT #12</b></p> <p>What is something someone might not know about you just by looking at you?</p>

