



Short-term Reflection

What have been your recent highlights?

Think about times that you've really enjoyed, no matter how big or small they might seem.

What have you been grateful for recently?

Again this could be big things or small things, and could be specific things or general things to be grateful for.

What has helped you feel good recently?

Maybe things you've done for yourself or others have shared.

What have you learnt recently?

This could be new learning or reminders of previous learning.