



Leadership Reflection Worksheet

Reflection is the intentional process of thoughtfully examining your beliefs, choices, and behaviors, both what you do and what you choose not to do. The awareness gained through this practice becomes a powerful driver of personal growth and development.

Begin by reviewing the list of reflection questions on page two. Choose three to five questions that resonate with you, and write them in the left-hand column of the table below. Set aside a regular time, free from distractions, to thoughtfully reflect on each question. Record your thoughts, observations, and insights in the right-hand column labeled Key Insights

Select 3-5 reflection questions from page 2 and write it in the boxes below.	Key Insights: What insight do you gain from reflecting on this?
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

A.N.G.E.L. Forward Group

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Daily or Weekly Reflection Questions:

1. What went well today (this week)? What actions did I take that contributed to the success?
2. What did not go well today (this week)? What role did my actions play in that outcome?
3. What did I learn today (this week)? How can I apply this learning moving forward?
4. How have I been feeling? How do my emotions impact others?
5. What or who am I avoiding? What impact is my avoidance having on my effectiveness?
6. What do I need (e.g., information, skills, support) that would improve my effectiveness?
7. When did I apply my strengths today (this week)? How can I apply my strengths more often?
8. Who helped me succeed today (this week)? How can I help someone else succeed?
9. How did I prioritize my well-being today (e.g., eating healthy, taking a break, exercising, engaging with friends)?
10. How can I focus more on my well-being, and what impact would that have on my work and relationships?

Monthly, Bi-Monthly or Quarterly Reflection Questions:

1. What unique strengths does my team consistently bring to the table that sets us apart from others?
2. How has our team's ability to collaborate contributed to our success this quarter?
3. What skill sets or expertise within our team have proven to be most valuable this quarter?
4. What specific achievements or milestones highlight our team's greatest strengths?
5. In what ways has our organization's culture positively impacted performance and morale?
6. How has our leadership or mentorship system supported team growth and development?
7. What resources (e.g., technology, training, networks) have been most helpful in advancing our goals?
8. What positive feedback have we received from clients, partners, or other stakeholders about our team's impact?
9. How has the diversity within our team contributed to creative solutions or innovations?
10. Looking back at this quarter, what asset (person, process, or resource) was critical to overcoming challenges we faced?