Mindful reflection

What situation am I reflecting on?

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Positive progress

What did you do successfully?
What went well?
What did you like or enjoy?

Challenges and difficulties

What did you find challenging?
What did you not enjoy?

Unanswered questions

What questions remain?
What are you not sure about?
What do you need answers for?

Moving forward

What would you do differently next time?
What needs to be answered or solved?

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