REFLECTION PROMPTS COLLECTION

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| Glow and GrowWhat is one way you grew your skills today? What is one thing you will do next time?  | How Am I Feeling? What Am I Thinking? How do you feel about the skill you practiced today? What do you still need to do to reach your goal?  |
| Muddiest PointWhat is the most unclear part of what you practiced today? How can you overcome this to reach your goal?  | Point of Most SignificanceDescribe one thing you practiced today to help you reach your goal.  |
| Six-Word MemoirIn six words, summarize what you practiced today. | Tell Me EverythingWrite down everything you did today to help you meet your goal. |
| What Did I Learn Today?In one sentence, summarize what you practiced today.  | What? So What? Now What? What did you practice today? Why did you practice this? What is your next step? |