REFLECTION PROMPTS COLLECTION

|  |  |
| --- | --- |
| Glow and Grow  What 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 Point  What is the most unclear part of what you practiced today? How can you overcome this to reach your goal? | Point of Most Significance  Describe one thing you practiced today to help you reach your goal. |
| Six-Word Memoir  In six words, summarize what you practiced today. | Tell Me Everything  Write 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? |