

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?