

## Personal Year 3 Reflection Worksheet

Theme: Creativity & Communication

What small things bring me a sense of joy or lightness when I do them?

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What creative outlets or projects am I curious to explore?

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Where in my life could I bring more playfulness or lightness?

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How can I practise sharing my thoughts and feelings more openly?

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Where in my life do I feel safe being fully myself, and how can I create more of that?

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In what ways could expanding my social circle support my growth?

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Where might I be holding back from trying something new out of fear or comfort?

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What helps me shift into a more positive outlook when life feels heavy?

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Where might I invite more adventure or play into my life?

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