

Personal Year 7 Reflection Worksheet

Theme: Reflection & Spiritual Growth

What parts of my life feel unsettled or unclear to me right now?

How can I create more space for solitude and self-discovery?

What practices help me quiet the noise and connect inward?

What subjects, ideas, or teachings am I drawn to explore more deeply this year?

Where have I been ignoring my intuition, and how can I begin to trust it more?

What insights have come up recently that deserve more of my attention?

How do I want to recharge my energy — physically, emotionally, and spiritually?

In what ways am I being called to connect with something greater than myself?

What changes would bring me closer to a sense of true fulfillment?
