

Personal Year 6 Reflection Worksheet

Theme: Responsibility & Nurturing

What responsibilities feel most meaningful to me right now?

How can I strengthen my connections with family or those I consider chosen family?

What conversations or issues need attention in order to bring more harmony into my relationships?

What small shifts could make my daily life feel calmer and more supportive?

Where do I need to find a healthier balance between caring for others and caring for myself?

How can I let myself be cared for without feeling guilty or undeserving?

What relationships do I feel most committed to nurturing this year?

Where in my relationships can I offer more love, patience, or support?

How can I make my home feel more peaceful, supportive, or inviting?
