

Personal Year 5 Reflection Worksheet

Theme: Change & Freedom

What changes in my life feel like they are asking to be embraced rather than resisted?

Where am I being invited to step out of my comfort zone and try something new?

How can I bring more flexibility into the way I approach challenges?

What new interests or ideas am I curious to explore this year?

What experiences outside my usual routine could bring me fresh energy?

Where have I been holding back out of hesitation, and what could happen if I took a chance?

What practices will help me stay grounded while navigating change?

Where in my life do I need more freedom, and how can I create it?

What opportunities excite me the most, and how can I act on them with courage?
