

Personal Year 2 Reflection Worksheet

Theme: Cooperation & Balance

Where in my life could I practise more patience instead of trying to force progress?

How can I listen more fully and respond with greater empathy in my interactions?

Where do I need to be more sensitive to the needs or perspectives of others?

What relationships or partnerships would benefit from more care and attention this year?

How can I strengthen the connections that matter most to me?

Where am I being invited to use diplomacy and find common ground rather than pushing my own way?

What practices help me stay calm and grounded when emotions run high?

How can I create more peace and harmony in my home, work, or relationships?

How can I honour both my own needs and the needs of others in equal measure?
