

# Weekly Reflection Worksheet

Date:

## Part 1: Weekly Ratings

For each of the targets below, think about how satisfied you are with your performance in each area. Give a score of 1 (dissatisfied) to 5 (very satisfied) for each target area.

	This week:	Notes:
Planning/ Preparation	1 <input type="checkbox"/>	
	2 <input type="checkbox"/>	
	3 <input type="checkbox"/>	
	4 <input type="checkbox"/>	
	5 <input type="checkbox"/>	
My general mood	1 <input type="checkbox"/>	
	2 <input type="checkbox"/>	
	3 <input type="checkbox"/>	
	4 <input type="checkbox"/>	
	5 <input type="checkbox"/>	
Student Engagement	1 <input type="checkbox"/>	
	2 <input type="checkbox"/>	
	3 <input type="checkbox"/>	
	4 <input type="checkbox"/>	
	5 <input type="checkbox"/>	
Objectives achieved	1 <input type="checkbox"/>	
	2 <input type="checkbox"/>	
	3 <input type="checkbox"/>	
	4 <input type="checkbox"/>	
	5 <input type="checkbox"/>	
Time management	1 <input type="checkbox"/>	
	2 <input type="checkbox"/>	
	3 <input type="checkbox"/>	
	4 <input type="checkbox"/>	
	5 <input type="checkbox"/>	

# Weekly Reflection Worksheet

## Part 2: Reflection and Planning

Use the following worksheet to collect your thoughts and observations from the whole week and make plans for the next week.

Reflection	Planning
Something that inspired me this week was...	Next week I plan to...
This month my biggest challenge was...	The tools I can use to overcome this challenge next time are...
Something new I tried was...	Next week I will try...