



REFLECTION ON THE TERM

WHICH TERM?

NAME

DATE

Now that the term (semester/quarter) is over, let's reflect on it by asking the following questions! [Please download and save this PDF in your computer first before filling.](#)

1. What are my top-3 achievements during the term? (Personal & Professional)

2. What goals/intentions do I want to carry over to the next term?

3. How do I want to celebrate my achievements?



TERM REFLECTION

Continued

4. What are my top-3 challenges?

Challenge 1



5. Have I solved the Challenge?
If Yes, how did you overcome or deal with it? If No, how are you going to deal with it?

Solved? Yes ☐ No ☐ Maybe ☐

Challenge 2



Solved? Yes ☐ No ☐ Maybe ☐

Challenge 3



Solved? Yes ☐ No ☐ Maybe ☐

6. What / whom am I grateful for this past term?