

# *weekly reflection sheet*

***name:***

***meeting number:***

**1.)** what did you feel was/were the most significant interaction/s, event/s, or sequence/s during this meeting and why? who did you feel it was most significant for?

**2.)** who or what did you particularly appreciate or enjoy during this meeting and why?

**3.)** what was the most important thing you feel you learned or experienced during this meeting? (this may have been something you were actively involved in, or it may have been something that was said or happened that made you think about yourself).

**4.)** how well, during this meeting, do you feel you have worked on the priorities/issues that seem most important for you personally in this group? do you feel you could have worked towards these outcomes even further and if so, how?

**5.)** are there any other comments you'd like to make?

*if you'd prefer to reflect without specific questions just ask for a blank sheet of paper.  
please also turn over and answer the four questions there using the 1 to 10 scales provided.*