

Reflection Area	Prompts to Guide You	Your Notes
Strengths & Achievements	What qualities, accomplishments, or personal strengths are you most proud of?	
Supports	Who or what helps you feel safe, guided, or cared for? (People, routines, communities, values)	
Vision	What would a life worth living look like for you? What would make waking up feel meaningful?	
Joy & Meaning	What brings you joy, or what would you like to feel happier about?	
Emotional Goals	What emotions do you want to experience more often, or experience in a healthier way?	
Core Values	What principles guide your choices and make life meaningful?	
Challenges	What behaviors, fears, or areas of your life do you want to change, face, or gain control over?	