



## Reflection Worksheet: “Who I Was, Who I’m Becoming”

Use this space to reflect on how you’ve changed and where you're headed. Be honest. Be kind. Be proud.



### Looking Back

What version of yourself are you learning to forgive?

What beliefs or habits no longer serve you?

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### The Shift

What have you learned about yourself in the last year?

What strengths are you starting to embrace?

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### Moving Forward

How can you show up for the woman you’re becoming?

What does growth look like for you in this season?

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