**Participant Self-Assessment & Reflections Prompts**

*Please complete questions on attached loose leaf paper, sign and return to facilitator so that I may make a copy for you if you..*

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Workshop: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Facilitator: Carina

1. **Give a brief description of the project or activity you have completed.**
2. **What did you like about this project or activity?**
3. **What were you able to do well?**
4. **What did you not like about this project or activity?**
5. **What challenges did you experience? Why?**
6. **What did you learn about yourself?***Strengths, Interests, Preferences, Needs.*
7. **List 3 future (post-workshop) goals?**
8. **How does what came up for you during this workshop inform your goals?**
9. **What are your next steps in order to move closer to your goals?**

Personal commitment to self follow through on what is meaningful to me ☺

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Your Name and Signature Date

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Friendly Witness (You or a friend) Date