

**A**ttain **S**imple **T**ruth **E**ffective for **P**rogress

INDIVIDUAL REFLECTION SHEET

NAME: - DATE: -

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| **Describe your experience** |
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| **What are your feelings and thoughts about the experience** |
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| **Evaluate your experience both good and bad** |
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| **Analyze the outcome of the session** |
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| **What were your expectations** |
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| **Were your expectations met** |
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| **Action plan for any future / life changes** |
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