



# REFLECTION QUESTIONS

## GENERAL QUESTIONS

- What were 3 things that went well today/since this mentorship? How do you know?
- What was a situation today/during this mentorship where I could have done better? How?
- What was my biggest challenge today/during this mentorship? How did I overcome it?
- What was my predominant feeling today/during this mentorship? Why?
- Have I maintained a good work-life balance during this mentorship?
- If I could go back to the beginning of this mentorship, what would I do differently?
- What are work habits I could add to my daily life? What are some that I could stop?
- How can I be a better team member at my workplace?
- How do I apply constructive feedback from my colleagues or supervisor to improve?

## GOAL-SPECIFIC QUESTIONS

- Am I optimising my time, energy, and performance according to my values, goals, and objectives?
- Am I making the most of opportunities available to me? Am I working effectively within any fixed restrictions?
- What are the barriers to achieve my goals and am I identifying them and tackling them where possible?
- Do my values, goals, and objectives still align with each other?
- Are my goals still the right ones to deliver on my values? Should I revise my strategies that I'm using to fulfill my values and goals?
- What achievements am I most proud of at work?
- How do I reward myself when I reach my goals?
- Do I need help with reaching any of my goals? If so, what kind of help do I need?