

# Reflection

# Week [Number] Individual Reflection

Name:

1. What were your concrete goals for the week?
2. What goals were you able to accomplish?
3. If the week went differently than you had planned, what were the reasons? (Note: changes in plans are completely normal and expected - this question is more of a reflection on the development process and the surprises you encounter, not at all an evaluation)
4. What are your specific goals for the next week?
5. What did you learn this week, if anything (and did you expect to learn it)?
6. What is your individual morale (which might be different from the overall group morale)?