

THINK, FEEL, DO – Reflection Worksheet

Use this worksheet to reflect on your learning and plan your next steps.

THINK

What new insights or ideas did you gain?

Reflect on the content and concepts that made you think differently or sparked new understanding.

- What stood out to you?
- Did any ideas challenge your current thinking?
- What will you remember a month from now?

 Write your reflections below:

♥ FEEL

What is the goal or action you/your team feels most passionate about?

Consider your emotional reactions, whether they were moments of motivation, empathy, surprise, or inspiration.

- What goals, topics, or ideas resonated with you on a personal level?
- How did this experience affect your attitude or perspective?


✍ *Write your reflections below:*

✓ DO

What is the first step you/your team will take to move forward?

Translate your learning and emotions into concrete steps you can take in your role, team, or organization.

- What's one thing you can apply right away?
- Are there any actionable items you want to start, stop, or continue?
- How will you stay accountable for following through?

 *Write your action steps below:*
