

STAGE 1 · FOUNDATION JOURNEY

Reflection Worksheet

Prepare your thoughts before writing your essay

Use this worksheet to organise your thoughts before writing your reflection essay. The sections follow the same order as the assignment brief. Be honest, thoughtful, and reflective. There are no right or wrong answers, only opportunities to understand yourself better.

Name: _____

Date: _____

Section 1 My Strengths and Weaknesses

- What am I naturally good at?
- What habits, behaviours or limitations repeatedly make progress harder for me?

Write freely below:

Section 2 My Interests and Passions

- What subjects, problems, activities or goals genuinely interest me?
- When do I feel most purposeful or engaged?

Write freely below:

Section 3 My Current Challenges

- What am I dealing with now, academically, professionally or personally?
- How have I been responding to these challenges?

Write freely below:

Section 4 My Past Successes and Failures

- Which experiences stand out as a real success and a real failure?
- What contributed to each outcome? What did I do well, and what could I have done differently?

Write freely below:

Section 5 Lessons and Patterns

- What recurring patterns can I see in my decisions, behaviour, successes or setbacks?
- What have these experiences taught me about myself?

Write freely below:

Section 6 My Soil Analogy

Refer to the handout “Soil Concepts for Self-Discovery.” Choose the soil concepts that best describe who you are and where you are in your journey.

How to approach this section

- Choose at least 10 concepts you will use in your essay. You may use more where they genuinely improve your reflection.
- For each one, note what the concept means technically before deciding what it describes in your life. A good analogy keeps the essential meaning of the soil concept.
- Quality matters more than quantity. If an analogy does not fit, leave it out.

Example: you might describe recent growth as “consolidation under steady pressure,” gradual change that also brought some settlement.

Soil concept	What it means technically	What it describes in my journey

Soil concept	What it means technically	What it describes in my journey

Section 7 Next Steps

- What do I now understand more clearly about myself?
- What do I intend to improve or do differently?

Write freely below:

Remember: this worksheet is your preparation tool, a space for clarity before writing your essay. Be sincere. *Reflection is the first foundation of transformation.*