

# SELF-REFLECTION

**Reflect on yourself!**

10 min

**Step 1**

Think of one example:

- A situation in which I felt like I failed ...
- I learned from it ...
- That's why I am no longer afraid of ... in the future.

**A SITUATION IN WHICH I FELT LIKE I FAILED ...**

**I LEARNED FROM IT ...**

**THAT'S WHY I AM NO LONGER AFRAID OF ... IN THE FUTURE.**