

Self-Evaluation Guide

Pause, Reflect & Create Wholeness

"We cannot become what we want by remaining what we are."
- Max Depre



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Keep, Stop & Start Reflection

Self-Reflection exercise specific to your life over the last year. What are you proud of and want to KEEP doing? What are things no longer serving you and you want to STOP doing? And what are some key things you want to START doing?

Keep:

Stop:

Start:

Individual - Think about your emotions and internal thoughts

Personal Life - Family, hobbies, personal goals


Professional Life - career ambitions and goals

Reflective Summary


What themes do you notice in your keep, stop, and start categories?



What goals came out of this exercise?



Who will be your accountability partner(s)? Think about those you go to for growth conversations. Are they where you are (potentially holding you back) or are they where you want to be (able to share experiences and mentorship with you)?



How are you speaking to yourself? Looking at the Stop category first. What language are you using? Is this how you would talk to a friend? If not, change the language. Put some thought reframes below:



Other notes and reflective thoughts from the exercise:

