REFLECTION WORKSHEET

Family check-in

Make a little room to hear each other. Take turns, listen without fixing, and let anyone pass.

Date (optional) _____

01 Wins

What felt good lately? Notice a small success, a kind moment, or something you enjoyed.

02 Challenges

What has felt hard? Share what happened and how it felt, without placing blame.

03 Needs

What would help you feel heard or supported? Ask for something specific, if you can.

04 One next step

What is one small thing we agree to try? Who will do what, and when will we check in?

A few words or a drawing are enough. You do not have to solve everything today.