

Instructions: Complete the self-reflection by answering the questions below.

Self-Reflection Questions

1. Think back to a time when you had set a big goal for yourself but you did not achieve it. What was the goal you had set for yourself?
2. Why didn't you achieve this goal? What obstacles did you face that you couldn't overcome?
3. How did you feel when you realized you wouldn't achieve this goal?
4. Looking back, what accomplishments did you achieve along the way in trying to reach this goal?
5. Would you consider this a "Happy Fail"? Why or why not?
6. What did you learn from this failure? How will this help you in the future?