

Suggestions for starting reflections:

- The best thing that happened to me this week in my CAS activity was _____.
- A new skill that I learned this week was _____.
- One thing about my CAS activity that was fun was _____.
- My idea of how to improve _____ is to _____.
- Today I was criticized for _____. My response was _____.
- Today I received a compliment for _____. The compliment made me feel _____.
- I was uncomfortable when _____.
- Today I discovered _____. It changed my _____.
- My feelings about _____ changed as a result of _____.
- I took a risk and _____.