

Self Description reflection worksheet

Self-reflection is most useful when it connects how you see yourself with everyday behaviour and feedback. Use this private worksheet to explore those connections before reading the Self Description guide.

HOW TO USE THIS WORKSHEET

1. Choose a recent example for each prompt rather than listing personality adjectives.
2. Distinguish feedback you actually received from assumptions about what others think.
3. Pick one development action you can practise and review over the next week.

Review your practice

Read your notes for evidence and balance. Acknowledging a development need does not require harsh self-criticism, and describing a strength does not require exaggeration. This is a reflection aid, not a model test response or a personality score.

Make your next step specific

Keep your notes private and share only what you choose. Return to the same action after practice and record what changed. Individual guidance can help turn a broad intention into a manageable habit.

Original academy learning tool. Not an official test paper or selection prediction. Keep personal notes private.

Your working notes

Self Description reflection worksheet | Complete in your own words.

1. A strength I use regularly, and a recent example:

2. Feedback I actually received: who said it and in what context?

3. A habit that makes working with me easier:

4. A habit I need to improve, and its effect on others:

5. Where my self-view and feedback differ:

6. One realistic action for the next week, and how I will review it:
