# Self Reflection

Instructions: For each section of the wheel chose a metric to measure, for example, work, family, personal health, etc. Then rate yourself from 1 (emerging) to 10 (fully inhabiting the competency). Shade in the area that reflects how you rated yourself. Once you have scored and shaded each section of the circle, pause and look at all of the sections. What do you notice? If you were to select one category to move up by one number, how would it impact the rest of the circle?

10

1
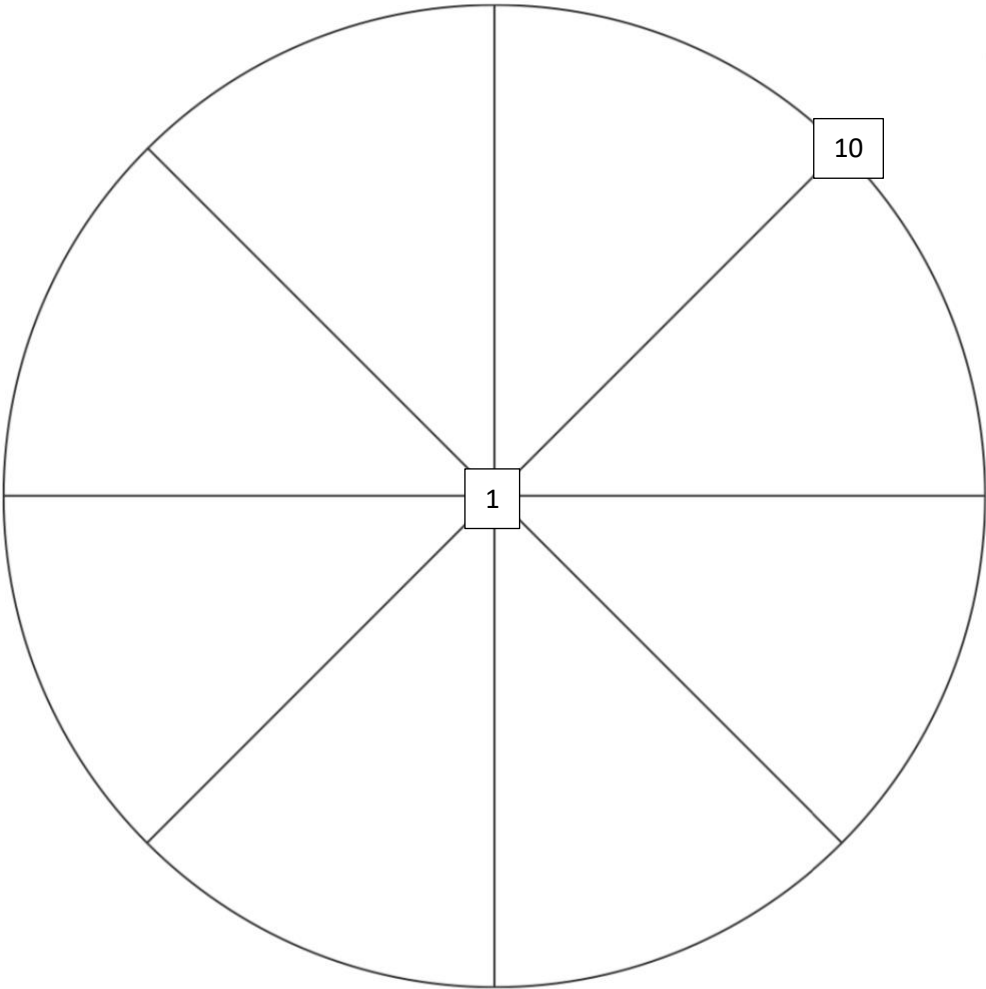
What stands out? _____

If you improved one measure by only one point, like from a 4 to a 5. How would that impact other measures?

S.O.A.R

This exercise is an updated version of a SWOT analysis (Strengths, Weaknesses, Opportunities and Threats. Half of a SWOT focus on negative aspects. This is likely good for a business to assess risk, but for a personal assessment, SOAR is a more positive forward-focus tool. Use the SOAR analysis to start goal setting.

S.O.A.R. Worksheet

Strengths	Opportunities
1)what are my greatest strengths/skills: • List as many as you like. • Do not be humble. • What would your biggest cheerleader say?	2) Opportunities (what would be even better is): • What are the areas you feel you want to be even better at doing/saying/presenting?
Aspirations 3) What are the goals I would like to achieve • What will this look like when I experience this fully?	**R**esults Analysis 4) How am I measuring my success • What are the indicators of your success? • How will you know when you've got it?

Strengths	Opportunities
1)what are my greatest strengths/skills: • • •	2) Opportunities (what would be even better is): • •
Aspirations 3) What are the goals I would like to achieve • •	Results Analysis 4) How am I measuring my success • •

List the goals you have identified (1 – 3 gaols maximum at any one time):

Goal #1	(example) I will know when I have achieved _____ when _____
Goal #2	(example) The Measure for this is:
Goal #3	

WOOP

Rational:

WOOP is a strategy that is based on mental contrasting. Mental contrasting is a self-regulation strategy that is effective for strong goal commitment. Many times, we can imagine the outcome we want, i.e.: better grades, less debt, a fitness goal… but we may experience some obstacles that get in the way of our success and the outcome we want. Mental contrasting is an excellent strategy to use to overcome obstacles and have greater success in achieving the goal we set out to achieve.

Instructions:

First, you imagine your goal or desired future state, what does that look like fully realized? Then you contrast that with the reality of your own personal state (how things actually are). Next, we can create some if/then statements to help us overcome the inevitable hurdles along the way.

Wish, Outcome, Obstacle, Plan

Wish: What is my goal, wish or challenge?
_____*I want to wake up 30 minutes in the morning, so I'm not rushed*_____

Outcome: What is the best result from completing my wish?
 _____*I will be more relaxed if I have a slower start to the day* _____

Obstacle: What inside me (internal thought or obstacle) will prevent me from attaining my wish? _____*I will be "to tired" to get up when my alarm goes in the morning*_____

Plan: If (insert obstacle), then I will (take what action) to achieve my wish.
a) *If I am too tired to get up when my alarm goes in the morning, I will go to bed earlier the following evening* or
b) *If I am too tired to get up when my alarm goes in the morning, I will change my alarm to energetic music* or
c) *If I am too tired to get up when my alarm goes in the morning, I will set it up across the room to help me get out of bed.*

Wish, Outcome, Obstacle, Plan

What's your WOOP?

Wish: What is my goal, wish or challenge?

_____

Outcome: What is the best result from completing my wish?

_____

Obstacle: What inside me (internal thought or obstacle) will prevent me from attaining my wish?
_____
_____

Plan: If (insert obstacle), then I will (take what specific action) to achieve my wish.

_____
_____
_____