

## **Self Reflection Prompts**

### Original Questions:

- a. What has been the hardest thing for you today?
- b. What has been the most rewarding thing for you today?
- c. What do you feel good about?
- d. What inspired you today?
- e. What gave you hope today?

### Additional Questions to Consider for Inclusion:

- a. What do you need to do to best prepare for this deployment?
- b. What might be difficult for you in this deployment?
- c. What do you need to make sure you do to do (and stay at) your best during this deployment?
- d. Is the work that you are doing what you expected to be doing?
- e. Are the stories that you are hearing what you expected to hear?
- f. What do you do you need to do now to make sure that you are grounded and doing your best?
- g. Do you need to take a break?
- h. Do you need to talk or process something with your buddy?
- i. What questions do you have? Who can help you with these questions?
- j. What do you want to talk about or process now that your work is finished for today?
- k. Who inspired you today?
- l. Who gave you hope today?
- m. What did you learn today?
- n. What did you learn about yourself today?
- o. What is going to be different for you now?
- p. What is the last thing you are going to think about tonight before you go to sleep?
- q. What are you going to dream about tonight?
- r. What is the first thing you are going to think about when you wake up tomorrow?
- s. What do you need to begin your work again tomorrow?
- t. What do you need to do to best take care of yourself tomorrow, knowing what you know now?