



Self-Awareness & Reading Reflection Worksheet

A tool for exploring your own journey of growth, adaptation, and learning

Part 1: Your Reading Journey

Current Reading Landscape

1. **What are you reading right now?** (Include books, articles, social media, anything that shapes your thinking)

2. **Describe your reading environment:** Where do you read? When? What makes you feel most receptive to new ideas?

3. **Like the Tripoli reading group, what "different levels" exist in your reading life?** (Picture books to philosophy? Social media to academic texts?)

Reading & Identity

4. **What book or piece of writing significantly changed how you see yourself or the world?**

5. **How has your reading evolved over the past 5 years?** What subjects draw you now that didn't before?

Part 2: Cultural & Geographic Awareness

Your Landscape of Experience

6. **List the different places (physical or cultural) that have shaped who you are:**

7. **What "credentials" or skills from your past don't seem to "translate" to your current situation?** How might you reframe these as hidden strengths?

8. **Describe a time when you felt like an outsider trying to understand new cultural "rules" or expectations:**

Part 3: Walking Meditation & Reflection

Your Movement Practice

9. **When and where do you do your best thinking?** (Walking, driving, showering, gardening, etc.)

10. **Describe your version of "morning walks"—those regular practices that help you process and reflect:**

11. **What landscapes (physical or mental) do you return to when you need clarity?**

Part 4: The Practice of Paying Attention

Your Note-Taking Style

12. **How do you capture important thoughts, insights, or experiences? (Journals, voice memos, photos, mental notes, etc.)**

13. **What pattern have you noticed in your life over the past year that you might not have seen without reflection?**

Learning from Others

14. **Who are the three people who most influenced your way of thinking or approaching problems? What specific gift did each give you?**

Person 1: _____ Gift: _____

Person 2: _____ Gift: _____

Person 3: _____ Gift: _____

Part 5: Integration & Future Direction

Connecting the Dots

15. **Looking back at your answers, what themes or patterns emerge about who you are and how you learn?**

16. **What "different horizon" are you working toward right now? What new understanding or skill are you developing?**

17. **If you were to start a "reading group" or learning community today, what would it focus on? Who would you invite?**

Your Next Chapter

18. **Complete this sentence: "I am transitioning from _____ to _____, and this journey is teaching me _____."**

19. **What is one small practice you could start this week to deepen your self-awareness or learning?**

20. **Write yourself a brief note of encouragement for the journey ahead:**

Reflection Questions for Deep Thinking

Choose 2-3 of these questions to explore in more depth:

- How do you maintain your authentic self while adapting to new environments?
- What would you tell someone else who is struggling with having their expertise or experience recognized?
- How has your definition of "success" evolved through different chapters of your life?
- What stories from your past help you understand your present situation more clearly?
- If you could have a conversation with your younger self, what would you want them to know about the journey ahead?

Remember: Self-awareness, like reading, is not about finding the "right" answers—it's about staying curious, remaining open to new understanding, and trusting that each experience adds valuable pages to your unique story.

Take your time with this worksheet. Like a good morning walk, the value comes not from rushing to the destination, but from paying attention to what you discover along the way.

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v-2026-1