

Bluebird Leaders Mentorship Program



Journaling and Reflection Worksheet

Reflect. Learn. Grow.

This journaling and reflection worksheet is designed to support your personal and professional growth throughout the mentorship program. Use it daily, weekly, or as needed to track your progress, gain clarity, and celebrate your wins. Remember: growth is a journey, not a destination.

Instructions for Mentees and Mentors:

Journaling is a powerful tool for personal growth and self-discovery. Use the prompts below to guide your reflections throughout the mentorship program. Dedicate just 5-10 minutes a day (or week) to journaling to build this habit.

Daily Reflection Prompts

(Use as needed.)

- What did I accomplish today that I'm proud of? Why does this accomplishment matter to me?
- What challenges did I face, and how did I handle them? Were there any lessons hidden in these challenges?
- **What's one lesson I learned today (big or small), and how can I apply it moving forward?**
- What is one thing I could do differently tomorrow to improve? How would this change impact my progress?
- What am I grateful for today? How can I carry this gratitude into tomorrow?
- How did I show up for myself and others today? Am I proud of how I contributed?

Tip: For deeper insight, focus on *why* your choices or moments matter and how they align with your broader goals.

Weekly Reflection Prompts

(Reflect on the past week.)

- What progress did I make toward my goals this week? What specific steps helped me move forward?
 - What's one thing I learned or discovered about myself this week? How does this new insight shape my next steps?
 - Did I face any setbacks? What factors contributed to these setbacks, and how can I overcome them next week?
 - **How did I step out of my comfort zone this week? What growth opportunities came from it?**
 - Did I take full advantage of the mentorship resources and opportunities available this week? How can I engage more effectively next week?
 - What was my most rewarding moment this week, and what made it meaningful?
 - What's one habit I developed or maintained this week that positively impacted my progress?
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Monthly Reflection Prompts

(Use at the end of each month.)

- What are the three biggest wins I achieved this month? How have they moved me closer to my larger goals?
- What challenges have I faced repeatedly, and what strategies can I develop to address them?
- What's one area where I've grown the most this month? What contributed to this growth?
- What's one area where I feel stuck or frustrated? What's causing this, and how can I seek support or resources to move forward?
- Which habits or routines have been most effective in helping me stay on track? Are there any I need to adjust?
- What's one thing I've learned from my mentor or mentee this month, and how have I applied it?
- What's one thing I've learned about myself this month that surprised me?
- **Looking ahead to the next month, what is my top priority, and why?**

Mentorship-Specific Prompts

(Use to reflect on your mentor-mentee relationship.)

- What was the most valuable insight or piece of advice my mentor/mentee shared with me this week? How did I act on it?
 - What steps did I take to apply what I learned from my mentor/mentee? How can I build on this going forward?
 - What's one question I want to ask my mentor/mentee in our next meeting? Why is this question important to me right now?
 - How has my relationship with my mentor/mentee evolved so far? How has this impacted my growth?
 - **Am I holding myself accountable for the action items we discussed? If not, what's holding me back, and how can I address it?**
 - What's one area where I feel I need more support from my mentor/mentee? How can I communicate this effectively?
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Self-Development Prompts

(Reflect on your personal growth.)

- What are my top strengths, and how did I use them this week? Are there opportunities to amplify these strengths even more?
 - What's one skill I want to improve, and what's my plan to work on it? What's a small step I can take this week?
 - What's a limiting belief I need to let go of to grow? How can I reframe this belief into something more empowering?
 - **How am I managing my time and energy? Are there specific moments where I felt productive or drained? What adjustments can I make?**
 - Who or what inspires me the most right now, and why? How can I incorporate this inspiration into my daily life?
 - What's one habit I want to create or break to help me become a better version of myself? What's my first step to making this happen?
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Mid-Program Reflection Prompts

(Use during the midpoint check-in or SWOT reassessment.)

- How have I grown since the start of the mentorship program? What has contributed most to this growth?
 - What progress have I made toward my SMART goals? Are there any goals I need to adjust or refocus on?
 - What new opportunities have I identified since beginning the program? How can I take action on them?
 - Are there any habits or behaviors I need to change to stay on track? What's my plan to make these changes?
 - What's one accomplishment I'm proud of so far? How can I build on this momentum in the second half of the program?
 - **What's a piece of feedback I've received that has been most helpful? How have I incorporated it into my growth?**
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Program Wrap-Up Prompts

(Reflect at the end of the program.)

- What's the biggest lesson I learned during this mentorship program, and how will I apply it in the future?
 - How have my strengths evolved, and how am I addressing my weaknesses?
 - What specific goals did I achieve, and how do I feel about them? What made them meaningful?
 - How has my relationship with my mentor/mentee impacted my growth? What have I learned from them that I'll carry forward?
 - What's one piece of advice I would give myself for the future, based on my experience in this program?
 - **What's one way I can give back or pay forward what I've gained from this program?**
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Tips for Building a Journaling Habit

- **Start Small:** Begin with 1-2 prompts a day or week. You don't have to answer every question—choose the ones that resonate most with you.
 - **Stay Consistent:** Try to journal at the same time each day or week (e.g., in the morning or before bed) to build the habit.
 - **Be Honest:** Journaling is for you—write freely and don't worry about perfection.
 - **Set the Mood:** Find a quiet space, grab a notebook or open a notes app, and make it a calming ritual.
 - **Reflect Often:** Revisit your past entries to track your growth and celebrate progress.
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How to Use This Template

1. Add this template to your Drive or Resource Library for easy access.
2. Encourage mentees to integrate journaling into their weekly routines as part of their personal development.
3. Suggest journaling as a way to prepare for mentor-mentee meetings by reflecting on progress, questions, and challenges.
4. Provide reminders during check-ins to revisit these prompts and reflect on their journey.