

This is a private tool. You do not have to share it with anyone.
You do not have to finish it in one sitting.
It is meant to help you name where you are — honestly.

Care Beyond the Collections

Personal Reflection Worksheet

This is not an assessment. There are no right answers. This is a quiet moment to take stock — honestly, privately, and without judgment.

You can write as much or as little as you want. You can return to this later. You can skip anything that does not feel useful.

1. Where is my energy going — and what am I getting back?

Where is most of your time and energy going?

Where do you feel a balance?

Where do you feel a gap?

2. What am I carrying that is not mine to carry alone?

What feels heavy right now?

Which of these belong to me?

Which have I taken on because no one else has?

Where might this weight be shared or named?

3. What do I need to ask for that I have not asked for yet?

If you could ask for something without hesitation, what would it be?

What has stopped me from asking?

What would make it easier?

4. Am I sustainable in this role right now?

Do I feel like I can continue at this pace?

If nothing changed, where would I be in six months?

What would need to change for this to feel sustainable?

5. One small shift

Identify one small, concrete shift you could make — something you could say, stop doing, document, or ask for.

You are allowed to take your own experience seriously.

The care you bring to this work is real. The weight you carry is real.

You are not meant to carry it alone.