

Reflection Worksheet: Support Starts Within

Empowering Individuals to Feel Held in Their Workplaces

This Reflection worksheet can help you create awareness for your individual perceived support in your work and life. Think about each question and answer honestly.



Section 1: Support Awareness

Question 1 - Think back over the past week.

- What moments made you feel supported—emotionally, practically, or professionally?

- Who was involved? What did they do or say?

Write 2–3 examples below:

Example 1:

Example 2:

Example 3:

Question 2 - What types of support do you tend to overlook or dismiss (e.g., a colleague checking in, a helpful resource, a kind word)?

Section 2: Connection Rituals

Question 3 - What small rituals or habits help you feel connected to your team or community?

- Are there any you'd like to introduce or strengthen?

Ideas: Gratitude notes, wellbeing check-ins, shared breaks, shout-outs.

Section 3: Expressing Needs

Question 4 - Think of a recent moment when you needed support but didn't ask for it.

- What held you back?

- What might help you feel safer or more confident in expressing your needs?

Try writing a support-seeking script you could use:

"I'm finding this challenging because _____. Could we talk it through together?"

"I'd appreciate help with _____. Is now a good time?"

Section 4: Boundaries & Self-Compassion

Question 5 - What boundary could you set this week to protect your energy or wellbeing?

- How will you communicate it clearly and kindly?

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Example: "I'm not available after 5pm for non-urgent requests."

Question 6 - Write a self-compassion statement for when things feel overwhelming:

"It's okay to feel ____ right now. I'm doing the best I can, and I deserve support."

Section 5: Weekly Integration

Question 7 - Reflect on the week ahead.

- What support will you actively seek or welcome?

- How will you notice and appreciate the support that's already around you?

Optional: **Set a "Support Intention" for the week:**

This week, I will...