

Reflection on my work and my workplace

Unit 9 – REFLEXION AND COPING

- What have I learned in the last year?
- Am I happy in my job?
- Do I still want to do this work in five years?
- What is most important to me in my work?
- Am I satisfied with my workplace?
- What are my goals?
- Can I imagine a different job?
- What is most important to me in life?
- What are my talents?
- How can I use them best?
- What do I enjoy?
- Will I stop doing this work?
- How can I improve my life?

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