

## **Naikan Reflection Worksheet**

*To be completed weekly, for review at the end of the week or in preparation for a new week. Write answers out by hand, as you are less likely to edit your thoughts when writing by hand (as compared to typing), which will increase the benefits of your reflective practice. Use additional paper as necessary.*

What have I received from my practice this week?

What have I given to my practice this week?

What troubles or difficulties have I caused my practice?