

# SELF REFLECTION CHECKLIST

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USE THIS CHECKLIST TO JOURNAL YOUR RESPONSES OR DISCUSS WITH YOUR  
STAFF THROUGHOUT THE SEASON

\*ADD OR SUBTRACT QUESTIONS AS YOU SEE FIT

## 1. BEFORE THE SEASON BEGINS

- What are your goals for the team this season?
- What are your personal goals for this season?
- What risks or issues do you foresee this season?
- How do you hope to address or eliminate those issues?
- What do you hope to learn this season?

## 2. THROUGHOUT THE SEASON

- Reflect daily on your lesson/practice plans
- Utilize the Reflection section in your practice plan template

## 3. MIDWAY THROUGH THE SEASON

- Do you like how your team is functioning currently?
- What is working well?
- What is not working well?
- Are you on track to meet your goals this season (team, staff, personal)?
- If not, what do you need to change moving forward?

## 4. END OF THE SEASON

- What lessons have you learned this season?
- What worked well?
- What did not work well?
- Did you meet your goals this season (team, staff, personal)?
- What, if anything, will you do differently next season?
- Make sure to include your staff in this end of season debrief as well!