

Name: _____

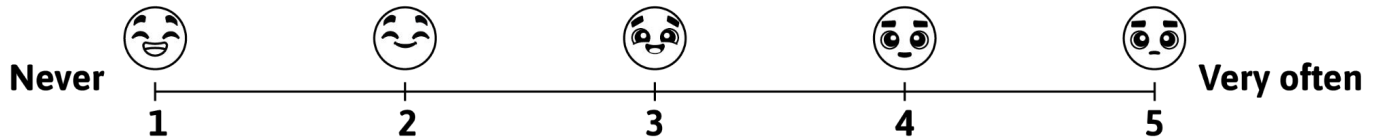
Luminaut Self-Reflection Log



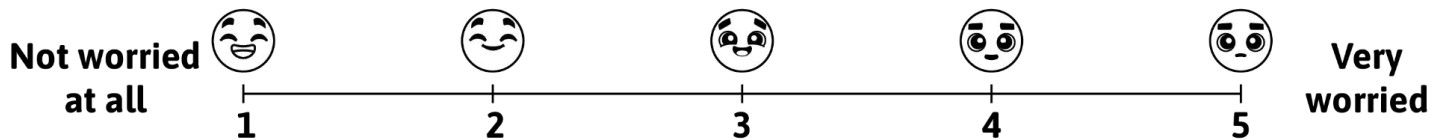
Complete this on your first club session

Date: _____

How often do you feel very worried?



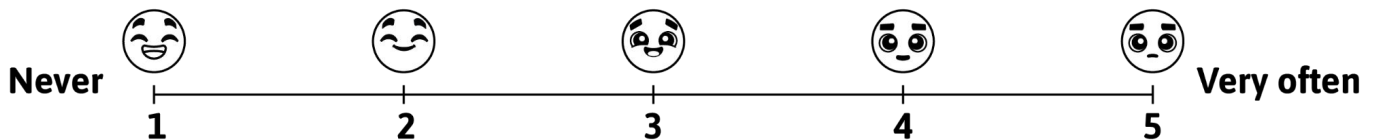
How do you feel about facing your worry?



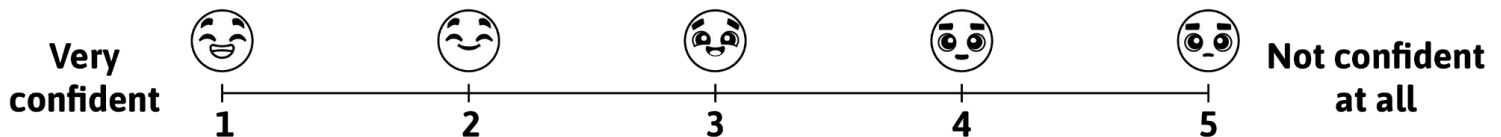
Complete this on your last club session

Date: _____

How often do you feel very worried?



If you have worries in the future, how confident do you feel about facing your worries?



Lumi Nova Club Lead comments:

Progress can be shared with parents / classroom teachers using this log.