

# Self-Reflection & Professional Growth Worksheet

## Purpose

This worksheet is designed to help peer support workers engage in **self-reflection**, assess their professional growth, and identify areas for continued development. Supervisors can use this tool in supervision meetings to guide discussions on strengths, challenges, and learning opportunities.

## Section 1: Self-Assessment

### ✓ What are my strengths as a peer support worker?

(List at least three key strengths you bring to your role.)

### ✓ What aspects of my role do I find most fulfilling?

(Reflect on moments when you felt most effective in supporting peers.)

### ✓ What areas do I feel less confident in or need more support with?

(Identify skills or situations where you would like additional training or guidance.)

### ✓ How well am I maintaining professional boundaries with the peers I support?

(Are there any situations where boundaries have been difficult to uphold?)

### ✓ Am I consistently applying ethical guidelines in my peer support work?

(Describe any ethical dilemmas you've encountered and how you handled them.)

## Section 2: Supervision & Support Needs

- ✓ **What specific feedback or guidance would be most helpful from my supervisor?**

(List questions or topics you would like to address in supervision sessions.)

- ✓ **What strategies can I use to strengthen my skills in areas I find challenging?**

(Consider professional development opportunities, peer discussions, or training needs.)

- ✓ **What additional resources, tools, or training would enhance my professional growth?**

(Are there specific topics or skills you would like to develop further?)

## Section 3: Burnout Prevention & Self-Care

- ✓ **How am I managing my emotional well-being in my peer support role?**

(Reflect on stress levels, self-care practices, and emotional boundaries.)

- ✓ **What signs of burnout or compassion fatigue have I noticed in myself?**

(Identify any symptoms, such as exhaustion, detachment, or decreased motivation.)

- ✓ **What self-care practices can I implement to maintain my well-being?**

(List activities, habits, or strategies that help you recharge and stay grounded.)

- ✓ **Who can I turn to for additional support when I need it?**

(Supervisors, peer networks, support groups, or mentors.)

## Section 4: Goal-Setting for Professional Growth

- ✓ **What professional goals would I like to achieve in the next three to six months?**

(Set specific, measurable goals that align with your growth as a peer support worker.)

✓ **What steps will I take to achieve these goals?**

(Identify actionable steps, training opportunities, or mentorship support.)

✓ **How will I measure my progress?**

(Describe how you will track improvements and assess your development over time.)

✓ **How can my supervisor or organization support me in reaching these goals?**

(Identify any workplace support, training opportunities, or resources that would be helpful.)

## Follow-Up & Next Steps

✓ **What are the key takeaways from this reflection?**

✓ **What action items will I bring to my next supervision session?**

✓ **When will I review this worksheet again to assess progress?**

◆ **Reference:** Adapted from SAMHSA's *Peer Support Worker Core Competencies (2022)* and the National Association of Peer Supporters (*Professional Development Best Practices, 2021*).