OCTOBER 26

Reflect On Growth

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Wellness starts with awareness. Taking a moment to reflect helps you understand your growth, challenges, and progress, so you can move forward with clarity.



Reflect on Wins

Take a moment to recognize something that went well. For example, what is one thing you handled well this week? What made you feel proud or accomplished? Even small wins matter and build confidence over time.

Learn from Challenges

Reflection is not just about success, but also about learning. For example, what was one challenge you faced? What did it teach you about yourself or your work? Growth often comes from difficult moments.

Choose how you will

Reflect On Growth

Build Awareness

Being aware of your experiences helps you improve. Notice patterns in your work or energy, understand what supports your performance, and identify what needs adjustment. Awareness creates better decisions.

Start from Where You Are

You don't need to be perfect to reflect. Remember the following affirmations: Your progress is personal. Your pace is valid. Your experience matters. Start with honesty, not judgment.

Learn more at
healthyworkplacemonth.ca

OCTOBER 26

Reflect On Growth

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Daily Resource

2-Minute Reflection Check-In

- What went well today?
- What challenged me?
- What would I do differently?

Watch:
The Power of Reflection (TEDx Talk)
A short video on the importance of reflection and learning from experience.

Workplace Tips

For Leaders

Encourage reflection during team check-ins or briefings. Create a safe and supportive space where employees feel comfortable sharing wins and lessons. Model reflective behaviour by sharing your own insights.

For Team Members

Take a few minutes to reflect on your day. Write down one win, one challenge, and one lesson learned. You can keep it private or share a key takeaway with your team.

"We do not learn from experience... we learn from reflecting on experience."

- John Dewey (philosopher)

Learn more at
healthyworkplacemonth.ca