

Reflection Worksheet – “Maybe You’re Ahead of the Game”

by Marlene Dillon Empowerment Specialist

Introduction

Sometimes, when we don’t fit in or feel misunderstood, it’s not because we’re behind — it’s because we’re ahead. This reflection worksheet is meant to help you pause, notice your growth, and reframe the parts of your journey that once felt “off” as evidence of your unique timing and insight.

Take your time. Don’t overthink it. Just let your thoughts flow naturally.

You can reflect on these prompts in your journal, notes app, or however you prefer.

1) A Misunderstood Moment

Think of a time when you felt out of place — like you didn’t fit with the others. (It doesn’t have to be a deeply painful time, just a memorable one.)

Maybe in high school you had your own sense of fashion and were ridiculed for it. Maybe you loved reading books, loved science, or had a special interest that wasn’t considered “cool.” Maybe your culture, your beliefs, your hair, or your food choices were different from those around you.

What was happening? How did that experience make you feel about yourself?

2) The Hidden Gift

Now, look at that moment again as your current self. Given your knowledge, wisdom, and values today, are there aspects of you in that moment that you miss, would now value, or wish you hadn’t given up? Are there things you found embarrassing or shameful that you realize would now be accepted or celebrated?

How do you feel about your past self now?

3) Messages to Your Younger Self

Imagine you get the beautiful opportunity to prepare your younger self for that moment. Picture sitting together on a park bench, or the two of you holding hands at the top of a double slide.

You have 30 seconds to reassure your younger self and help them navigate the experience from question 1. What would you say to help them stay true to themselves? What would you tell them to ensure they celebrate and hold on to the great qualities you mentioned in question 2?

4) Small Celebrations

When you look over your life, where else can you see that you were “ahead of the game?” It can be from the past or the present.

What trait or talent can you celebrate this week — even in a small way?

Examples:

- “I’ll wear the bold color I used to be shy about.”
- “I’ll enjoy a meal that celebrates my culture.”
- “I’ll wear my glasses proudly, because glasses are ‘in’ now.”

5) My Ahead of the Game Affirmation

Finish this sentence in a way that feels true for you:

“I am learning to accept/trust my _____, even if others don’t understand yet.”

Closing Thought

Just because people don’t understand you doesn’t make you wrong. When you don’t follow the norm, some may see you as a problem — but I believe that each of us is in the world because we are a *solution*.

Let’s continue to embrace our true selves and pour our energy into our passions, skills, and interests. Let’s make time for the parts of us that fill us and others with joy. Let’s remember that each of us has our own path — and every step of our journey is right on time.

Thank you for taking this journey with me.

Blessings,

Marlene Dillon Empowerment Specialist