Co-funded by the European Union

Erasmus+ Small-scale partnerships in vocational education and training

Bridge4Mothers

2025-1-DE02-KA210-VET-000359232

PSL Programme — Personal, Social and Learning-to-Learn Competences

Positive self-talk should be realistic and supportive. It helps you focus on possibilities rather than limitations.

Bridge4Mothers © 2026 by *Bridge4Mothers Erasmus+ VET KA210* is licensed under *Creative Commons Attribution 4.0 International*

D. Downloadable Worksheet

Critical Thinking Reflection Worksheet

Reflection Questions

1. What does critical thinking mean to you?
2. Why is it important to evaluate information carefully?
3. What strategies help solve problems effectively?
4. How do you usually make important decisions?
5. How can reflection improve decision-making?

Bridge4Mothers © 2026 by Bridge4Mothers Erasmus+ VET KA210 is licensed under Creative Commons Attribution 4.0 International

2025-1-DE02-KA210-VET-000359232