

Reflection Prompts Handout

Think of one person who helped you become who you are today.

Consider these areas:

Family

- A parent, grandparent, or sibling
- Someone who raised you or lived with you
- A family member who gave you advice

Teachers & Mentors

- A teacher from school
- A coach or instructor
- Someone who trained you at work

Friends & Colleagues

- A close friend who supported you
- A coworker who taught you something important
- Someone you met during a difficult time

Brief Encounters

- A stranger who said something you never forgot
- Someone you met once but who changed your thinking
- A person whose example inspired you from afar

... or anyone else who shaped who you are!

Partner Exchange Record Sheet

The People Who Shaped Me - February 7, 2026

Partner	Their Influential Person (Who?)	What This Person Did/Said	One Key Detail
1			
2			
3			

Useful Follow-up Questions:

- What's the most important thing they taught you?
- Do you still talk to this person?
- How would your life be different without them?
- Have you ever thanked them directly?

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Exit Ticket

Name: _____

1. What part of today's lesson did you enjoy the most?

2. Was today's lesson: (Please circle one)

Too Difficult / Just Right / Too Easy

3. Was the vocabulary: (Please circle one)

Too Difficult / Just Right / Too Easy

4. Any other comments or suggestions for future lessons? (Write in English or Japanese)