

# Build Confidence and Purpose with Pilates

Episode 10 · Closing Reflections Worksheet · Tania Huddart

Use this worksheet to pause, look back, and celebrate how far you've come as a studio owner.

Make a cup of tea, find a quiet corner, and take your time with each section. There's no prize for finishing fast, and no wrong answers.

**Tip:** come back to this worksheet every six or twelve months. Put it in your diary, like you would a client. Reflection isn't a one-off. It's a habit that keeps you close to your mission and the studio you set out to build.

## Your growth

1. What first inspired me to open my studio?

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2. How have my skills grown? Think about my teaching, the business side, and leading people.

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3. Which of my personal strengths (for example, resilience, empathy, creativity) have helped me grow?

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4. How have I built trust and relationships with my clients and staff?

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## Your challenges

The hard things belong in the picture too. Each one taught you something.

1. What are the biggest challenges I've faced?

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2. How did I respond at the time?

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3. What did these challenges teach me?

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4. How have they shaped the decisions I make now?

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## Your successes

We tend to skip this part. Please don't.

1. What achievements am I most proud of?

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2. How did these successes change my confidence and my belief in myself?

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3. What part did my team play in these achievements?

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4. How has my studio made a positive difference in my community?

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## Gratitude

It doesn't need to be grand. Two minutes is enough.

One person I want to thank:

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Three things I'm grateful for today:

1. 

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2. 

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3. 

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## The next five years

Picture it properly: how it feels to walk in, who's there, what part your studio plays in your community. Then write it down. A picture you only keep in your head has usually faded by Monday.

1. Where do I see my Pilates studio in five years?

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2. What is one goal I want to achieve this year?

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3. What steps will help me get there?

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4. How will I keep my values and mission alive as I grow?

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