

# ■ The Cool Grandpa Podcast ■

## Grandparent–Grandchild Reflection Worksheet

### Step 1: How Do Others See Me?

Question: How would people describe you if you left the room?

Grandchild's Answer: \_\_\_\_\_

Grandparent's Answer: \_\_\_\_\_

Discussion: Why might people see you this way?

### Step 2: How Do I Want to Be Seen?

Question: How do I WANT people to describe me?

Grandchild's Answer: \_\_\_\_\_

Grandparent's Answer: \_\_\_\_\_

Discussion: What changes might help align how you're seen with how you want to be seen?

### Step 3: Looking Ahead

Question: What do I want to be doing in five years?

Grandchild's Answer: \_\_\_\_\_

Grandparent's Answer: \_\_\_\_\_

Discussion: Share dreams, goals, or skills you'd like to develop.

### Step 4: Personal Check-In

Reflection space for both grandparent and grandchild.

Grandparent's Notes: \_\_\_\_\_

Grandchild's Notes: \_\_\_\_\_

## Step 5: Conversation Wrap-Up

Talk about what you've learned together.

What did we learn about each other?

Is there something we want to work on together?

When should we check in again?



### ■ Extra Activities ■

Draw It Out: Sketch a picture of how you imagine yourself in five years.

Word Cloud: Write down 5 words you want people to use when they describe you.

Memory Sharing: Grandparent shares a story about how they worked toward a goal; grandchild shares a recent accomplishment.

**Tip:** Revisit this worksheet every few months to see how answers evolve.