

# REFLECTION

## Journal

DATE: \_\_\_\_\_

Rate your day:

10

Energy Level

Stress Level

□ □ □ □

□ □ □ □

I slept \_\_\_\_\_ hours last night!

Today I feel...

\_\_\_\_\_

Today I accomplished...

- ① \_\_\_\_\_  
\_\_\_\_\_
- ② \_\_\_\_\_  
\_\_\_\_\_
- ③ \_\_\_\_\_  
\_\_\_\_\_

8a  
happy.  
motivated.  
Calm.  
anxious.  
Sad.

12p  
grateful.  
powerful.  
frustrated.  
excited.  
annoyed.

4p  
productive.  
lonely.  
relaxed.  
hurt.  
exhausted.

8p  
proud.  
Satisfied.  
depressed.  
angry.  
drained.

What happened today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How did you have fun today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How did you do self-care today?

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_

Thoughts & reflections

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_