

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?

image of the day

how did you do self-care today?

- ① _____
- ② _____
- ③ _____

thoughts & reflexions
