

# REFLECTION

## Journal

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

Rate your day:

10

Energy Level

Stress Level

□ □ □ □

□ □ □ □

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

today I felt...

\_\_\_\_\_

Today I did ...

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

happy.  
motivated.  
Calm.  
anxious.  
Sad.

grateful.  
powerful.  
frustrated.  
excited.  
annoyed.

productive.  
lonely.  
relaxed.  
hurt.  
exhausted.

proud.  
Satisfied.  
depressed.  
angry.  
drained.

What happened today?

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

image of the day

\_\_\_\_\_

how did you care for yourself today?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

thoughts & reflexions

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

mwah, love you always,  
that aesthetic girl