

Daily Reflection

Use this sheet to check in on yourself and reflect on the things that support your mental health and well-being each day.

Two-word check-in

How would you describe the day in 2 words?

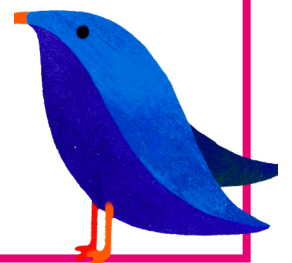
Gratitude

What is one thing you are grateful for?

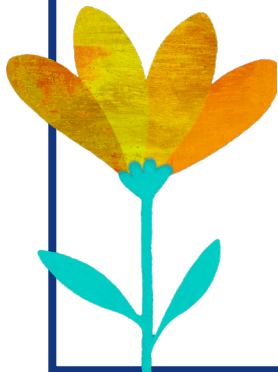
Choose three of these reflection questions/prompts to answer each day.

- What is something you are really proud of today?
- What did you experience today that made you wiser? Stronger?
- Name something that made you laugh today.
- What did you learn about yourself today?
- What is something about this time of year that brings you joy?
- How did you feel or react when something didn't go as expected?
- Name one thing that makes a difficult day easier.
- Name three things you do well.
- What's an idea from today that you'd like to explore further?
- What surprised you today?
- What challenged you today?
- What was rewarding today?

Reflection Prompt 1: _____



Reflection Prompt 2: _____



Reflection Prompt 3: _____

