

# Daily Reflection

Self-Awareness Module / Meaning Domain

Date

## Instructions

- In this exercise, you will be reflecting on your day. This exercise will take about 5 to 10 minutes.
- Pages 2 and 3 are two versions of the daily reflection. Review both pages and only pick one to reflect on.
- Each day, prior to going to bed, review the prompts for reflection. (It may be useful to print off multiple sheets for your use) You do not have to reflect on every prompt. Find the prompts which are useful to you for that day and answer those prompts.
- It's meant to be done daily for a period of time. This practice will help you learn at a faster rate, be more resilient, and increase your creativity to solve problems.

*Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful.*

~ Margaret J. Wheatley



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Think about your day ... look at the following prompts ... completely any or all of the prompts that speaks to you ...

1. If I were to summarize the day into one sentence, the sentence would be:

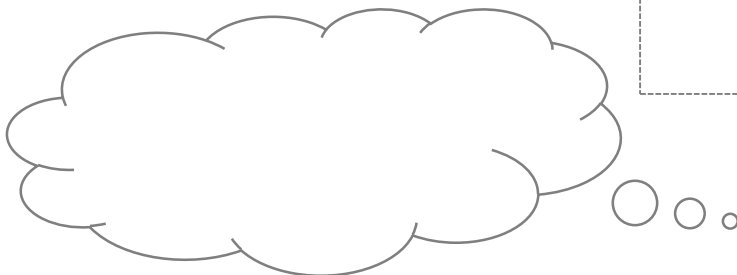
2. One thing that I'm grateful for today is...

3. One thing that I learned today is....

4. One idea I had today is...

5. I need to forgive myself for...

6. The key thing I need to do tomorrow is...



*A question to ponder  
as I sleep tonight...*

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1. If I were to summarize the day into one sentence, the sentence would be:

2. One thing that I learned today is....

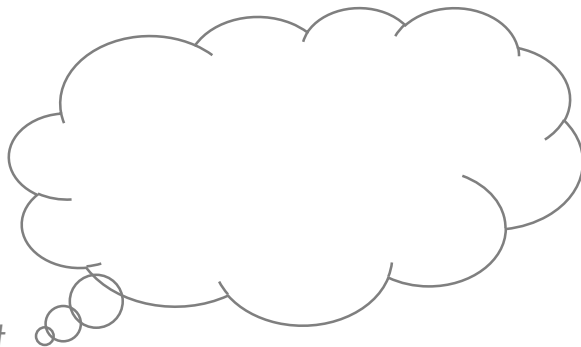
3. One idea I had today is...

4. One thing that I'm grateful for today is...

5. I would rate myself...

Topic	Rating

6. I need to forgive myself for...



*A question to ponder as I sleep tonight...*