

REFLECT ON YOUR DAY

- ☒ What actually happened today?
- ☒ What part of today felt most like me?
- ☒ What was harder than I expected?
- ☒ What went better than I expected?
- ☒ What conversation has stayed with me?
- ☒ What did I spend most of my energy on?
- ☒ What did I wish I had more time for today?
- ☒ What did I learn about myself today?
- ☒ What moment would I happily experience again?
- ☒ What would I do differently if I could replay one part of today?

