



Today's reflections

Morning

Gratitude: What am I most grateful for? 3 things.

(Relationships / opportunities today, yesterday happenings, something simple)

1. _____

2. _____

3. _____

Today's targets: What would make today great?:

1. _____

2. _____

3. _____

Evening

Bad: What was the worst about today? What did I do? What could I have lived without?

1. _____

2. _____

What brought me the most sadness/pain/anger?:

Stress: What caused me the most inner conflict and stress? When? How have I looked after myself today?

Wins: What was good about today? What did I do? What was the best thing about today?

1. _____

2. _____

What brought me the most joy?

Learnings: What were my key takeaways or learnings?

Personal impact: What had the greatest impact on my behaviour toward others?:

Feelings: How did I feel about today? Energy / emotions.

Improve: What could I have done differently? Did I live up to my standards and values?

Clearing up and **letting go:** Do I need to clear something up? What can I let go?

Gratitude: What am I grateful for? 3 things.

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