

MY REFLECTION DIARY



CONNECTION FIRST
RESOURCES

USING THIS DIARY

Use this diary every day to help recognise and understand your emotions, while setting goals and identifying key tasks for the day ahead.

This diary can also be used for reflection and comments, helping you celebrate your successes, identify areas for improvement, and challenge yourself to achieve even more.



MORNING ENTRY

Hours Slept

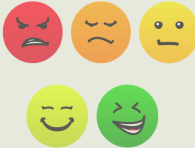


Energy Level



/5

How I feel Today



♥ THREE THINGS I AM GRATEFUL FOR : ♥

- 1.
- 2.
- 3.

★ THREE GOALS FOR TODAY ★

- 1.
- 2.
- 3.



EVENING ENTRY

Goals met

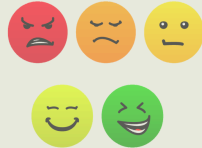


Energy Level



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This Evening I feel



TODAY I FELT ANXIOUS ABOUT...



THREE POSITIVE THINGS ABOUT MY DAY:



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JOURNAL ENTRY/ FREE SPACE

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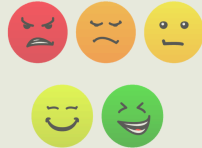


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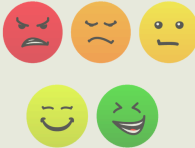


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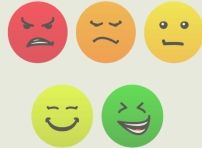


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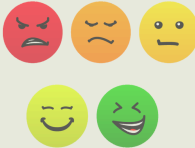


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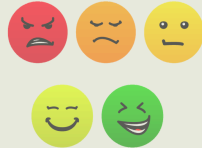


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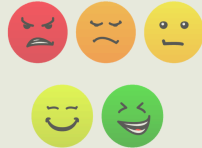


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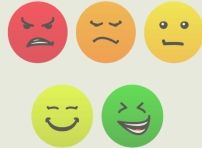


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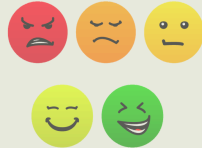


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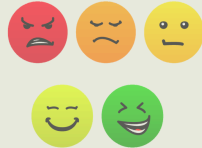


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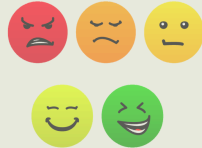


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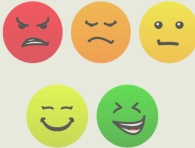


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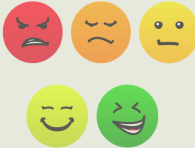


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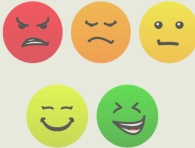


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