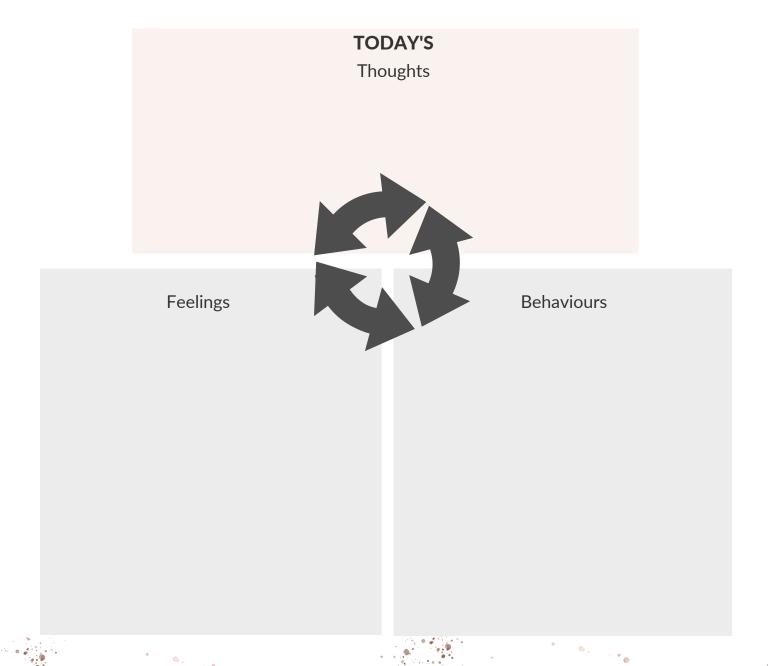


Name:	Date:
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Daily reviews and self-reflection enable you to develop true self-awareness. Without self-awareness, you can't fully understand your emotions, values, goals, strengths, triggers & negative habits. If you take the time to write down a few thoughts about your day, you can look back on it in weeks, months, or years later and see how far you have come.

This worksheet will help you to process your thoughts and feelings, challenge your habitual patterns and help you to uncover breakthoughs.



DAILY REVIEW & REFLECTION Page 2

Todays good choices were	
Todays bad choices where	
Todays choices affected myself and others b	Y
To create a more postive result, next time I will choose to	The action I can take to help myself get this better result is

DAILY REVIEW & REFLECTION Page 3

What I learnt today was	
Today I showed myself love by	
Today I gave back by	
Today I appreciate and give thanks for	

MY MAIN GOAL RIGHT NOW Page 4

Todays triumph and celebrations included	
Todays triggers and challenges included	
Leading the Assessment of the Assessment	The actions & steps I can implement
I will make tomorrow even better by choosing to	tomorrow to achieve this are

DAILY REVIEW & REFLECTION Page 5

My positive habits and personality traits that shined today were
I am proud of myself today because
NOTES & FURTHER REFLECTION