

# Operation Goddess

## DAILY REVIEW & REFLECTION

Name:

Date:

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 breakthroughs.

**TODAY'S**  
Thoughts

Feelings

Behaviours



# DAILY REVIEW & REFLECTION

Page 2

Today's good choices were....

Today's bad choices were...

Today's choices affected myself and others by.....

To create a more positive result, next time I will choose to.....

The action I can take to help myself get this better result is....



What I learnt today was.....

Today I showed myself love by .....

Today I gave back by.....

Today I appreciate and give thanks for.....



Today's triumph and celebrations included...

Today's triggers and challenges included....

I will make tomorrow even better by choosing to....

The actions & steps I can implement 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**

