



A Day in the Life of ME



Date: _____

What was the weather today?



Did I eat healthy today?

☐

Yes

☐

No

☐

I tried!



Did I drink all 8 glasses of h₂O?

☐

Yes

☐

No

☐

I tried!



Did I exercise today?

☐

Yes

☐

No

does chasing the kids count?

What happened today to make me smile? _____

What can I improve on for tomorrow? _____

What did I learn today? _____

What am I proud of myself for? _____

Did I work on my goals today? _____

Did I discover anything new today? _____

Daily Reflection

Reflection is your time to
grow into your best self..

What was the weather today?



Did I eat healthy today?

☒ Yes

☐ No

○ *I tried!*

Did I exercise today?

☐ Yes

☐ No

○ I tried!

Date:_____

What am I grateful for today? _____

What am I looking forward to tomorrow? _____

Motivational Quote for the day: _____

What am I proud of myself for? _____

How do I feel today? _____

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Daily Reflection Journal Prompts



What do I need to get off my chest today?

How can I uplift my spirit today?

What advice can I give myself?

What feels like a struggle?

What am I grateful for today?

Who am I grateful for?

What are my greatest strengths?

Have I worked towards achieving my goals today?

Is there a weakness about myself I would like to change?

Did I do anything nice for someone today?

Was I mindful in my activities today?

How can I find joy in my least favorite chore?

My best personality trait is?

Did I compliment someone today?

What is the nicest thing someone has done for you?

Did I have a negative thought about myself today? How can I change that to a positive?

Did I try something new today? What were the results?

Why do people treat me the way they do?

What am I scared of? Does this fear hold me back?

take care
of your mind

do it for you



Reflection is your time to
grow into your best self.





Yearly OVERVIEW

PLANNING:

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec