

# Daily Reflection Sheet

Use this sheet each evening or morning to build self-awareness and emotional clarity.

## Morning Reflection:

- One intention I want to set for today is: \_\_\_\_\_
- I'm looking forward to: \_\_\_\_\_

## Evening Reflection:

- One thing that went well today: \_\_\_\_\_
- One emotion I felt strongly today: \_\_\_\_\_
- One thing I want to do differently tomorrow: \_\_\_\_\_

Mood Check (1 = Low, 5 = High):

[ 1 ] [ 2 ] [ 3 ] [ 4 ] [ 5 ]

You can use this sheet daily or whenever you want to check in with yourself.