



# DAILY REFLECTION

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Today I am grateful for these three things...

- 1.
- 2.
- 3.

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Date:

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Water:

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Exercise:

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*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

# STOP AND CHECK

## SELF-ASSESSMENT AND REFLECTION ACTIVITY

Think about what you've learned so far

1 What have you learned so far?

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2 Which new words have you learned?

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3 What do you still find difficult to understand?

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4 How can you apply what you have learned?

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5 What has been your favorite part of doing self-care and reflection?

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6 Which strategies helped you most?

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7 What are your next steps for improvement?

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8 How do you feel about your progress?

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