Daily Reflection Worksheet

A quiet page for the beginning or end of your day.

This worksheet offers a simple structure for daily reflection: a moment to arrive, notice how you are, appreciate what is good and choose one small intention. It takes about ten minutes. There are no right or wrong answers – only honest ones.

How to use it

1. **Choose a regular time.** Many people prefer the morning or the last half-hour before sleep.
2. **Begin with three slow breaths.** Let the out-breath be a little longer than the in-breath.
3. **Write briefly and honestly.** A few words are enough. Don't edit yourself.
4. **Print several copies** or simply copy the questions into your own notebook.
5. **Look back once a week.** Notice patterns – what lifts you, what drains you, what keeps returning.

Why reflection helps

Contemplative traditions around the world – from the Ignatian Examen in Christianity to evening reviews in Stoic philosophy and self-study (*svādhyāya*) in yoga – have long recommended a daily look inward. Reflection helps us notice what we usually rush past, act more in line with our values and let go of the day before we sleep.

A gentle note: This worksheet supports everyday wellbeing and self-reflection. It is not a substitute for medical, psychological or therapeutic care. If you are struggling, please reach out to a qualified professional.

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Date: Time: Place:

1. Arriving – how am I, right now?

Energy low (1) (2) (3) (4) (5) high *Calm* restless (1) (2) (3) (4) (5) calm

2. Three specific things I am grateful for

3. Something that went well

4. Something that was difficult

5. What is asking for my attention? (a feeling, a person, a decision)

6. What can I let go of today?

7. One word for today / tomorrow

8. One small, kind action I will take

Space for insights, dreams or anything else