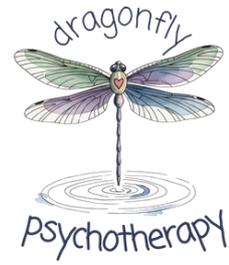# The Daily Reflection

A simple practice for noticing what matters

This is not a gratitude journal. It is not about forcing positivity or pretending everything is fine. It is a brief, honest check-in with yourself - a way of pausing to notice what is actually happening in your day, rather than letting it rush past unexamined.

Why this helps

Research consistently shows that brief, regular reflection can reduce stress, improve sleep, and help us process difficult experiences more effectively. Writing things down - even just a few words - moves thoughts from the endless loop inside our heads to something we can see and make sense of. It also helps us notice patterns: what drains us, what restores us, and what we might need more or less of.

This is not about being relentlessly positive. Some days the honest answer to "what went well" is "I got through it." That counts. Noticing the hard things matters just as much as noticing the good.

How to use it

Keep it brief.
This should take no more than five minutes. A few words per prompt is perfectly fine. You do not need to write essays.

Be honest.
There areno wrong answers. If you are tired, frustrated, or struggling, say so. This is for you, not for anyone else.

Pick a time that works.
Manypeoplefind the endof the day works well, but morning or lunchtime is fine too. There is no perfect time - just a time you will actually do it.

Skip days without guilt.
Thisisa tool, not a test. If you miss a day, a week, or a month, you can simply pick it up again whenever it feels useful. Forcing yourself to journal when you are exhausted or unwell is not self-care - it is just another item on the to-do list.

> *Remember: the goal is not perfection or consistency. The goal is to give yourself a few quiet minutes to check in. Some weeks you will use this every day. Some weeks you will not. Both are fine.*

The Daily Reflection

Date: _____

How am I feeling right now?
(Circleormarkwhereyouare - nojudgement, just noticing)

Struggling ○—————— Low ○—————— Okay ○—————— Good ○—————— Great ○

Three things I noticed today
(Bigorsmall.Good,bad,orneutral.What stood out?)

1 _____

2 _____

3 _____

Something that went well (or well enough)
(Even "I made it through today" counts)

_____

_____

Something that felt hard
(Namingitcanhelptakesomeofits power away)

_____

_____

What do I need tomorrow?
(Rest?Aboundary?Aconversation? Fresh air? Permission to slow down?)

_____

_____

One kind thing I can say to myself right now
(What would you say to a friend feeling the way you feel?)

_____