

Reflecting on the Day

Morning

Did you feel refreshed when you woke up?

Did you talk to anyone this morning?

Did you stick to your routine?

How did you feel about your outfit?

Rate your morning:

1 2 3 4 5 6 7 8 9 10

The Basics

Eat Food?

Sleep Well?

Hygiene?

Water intake?

Medications?

Movement?

Afternoon

What consumed most of your day today?

Have you been intentional with your time?

Do you feel on top of your tasks for today?

Did you connect with friends or family?

Rate your afternoon:

1 2 3 4 5 6 7 8 9 10

Extras

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Evening

Did you get any positive human touch today?

Does your space feel like home?

Are you able to step away from screens?

What was the best and worst part of your day?

Rate your evening:

1 2 3 4 5 6 7 8 9 10

Gratitude

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For Tomorrow