SELF-REFLECTION JOURNAL

5–7 minutes for yourself

Short morning and evening check-ins to notice how you feel and what affects you.

How to use this journal

Print extra copies of the morning and evening pages or answer in your notes app. Once a week, look back and see what keeps coming up.

Your scores describe how you feel in the moment. Use the 1–10 scale consistently so you can compare days. If you often rate your energy low after a short night’s sleep, for example, it might be worth paying attention to that pattern.

> Missed a day? Pick up with the next entry. Keep your answers short if you like, and skip any questions that don’t feel relevant right now.

Contact me on Telegram @ogogoevaa

2–3 MINUTES

Morning

Date _____

What was my first thought when I woke up?

What am I feeling right now? Name one or two emotions.

Rate my energy from 1 to 10. 1 means very little energy; 10 means plenty.

What’s one thing I can do today to show myself some respect?

Optional notes

3–5 MINUTES

Evening

Date _____

Rate each from 1 to 10. Energy ___ Anxiety ___ Confidence in myself ___

How often did I put off something important today: rarely, sometimes or often?

What was the hardest part of today? How did I handle it?

What did I learn about myself today?

What words of encouragement would I give myself right now?

Optional notes

ONCE A WEEK

A look back at the week

Week of _____

How were my energy and anxiety levels overall?

What affected how I felt most? Think about sleep, work or conversations.

When did I find it easier to focus?

What would I like to try doing differently next week?