



FREE JOURNAL AND REFLECTION PAGES

Daily Reflection Journal

Use the pages that feel helpful. You do not have to complete them in order, and you can print any page again.

DATE _____

Where am I today?



1 - struggling

10 - feeling steady

1 How am I feeling today?

Name what is present without judging it or trying to change it immediately.

2 What has taken up most space?

A thought, task, conversation, worry or feeling that has stayed with you today.



OPTIONAL REFLECTION PAGE

A kinder, more balanced thought

This is not about forcing yourself to be positive. It is about finding language that is fairer, calmer and more helpful.

1 The thought that keeps returning

Write it down as it arrives, without editing it.

2 What else may also be true?

Notice any facts, context or exceptions that the difficult thought leaves out.

3 What would I say to somebody I care about?

Use the same warmth, honesty and common sense you would offer another person.



SMALL THINGS COUNT

What supported me today?

Wellbeing is rarely one big decision. It is often a collection of ordinary moments that help the mind and body feel safer.

Tick anything that supported you, even briefly

☐ Rest☐ Food☐ Movement☐ Fresh air☐ Connection☐ A boundary

1 One moment that felt lighter

It may have lasted only a few seconds. What was happening, and what did you notice?

2 What might I need more of, or less of?

Keep your answer realistic. You are looking for information, not another standard to meet.



A WEEKLY PAUSE

What am I beginning to notice?

Patterns often become clearer when we look back with curiosity rather than criticism.

1

Something I handled this week

Acknowledge effort as well as outcomes.

2

Something that needs my attention

This might be a feeling, conversation, practical task or request for support.

3

One small step for the week ahead

Choose something specific and manageable. Smaller is often more useful than perfect.
