

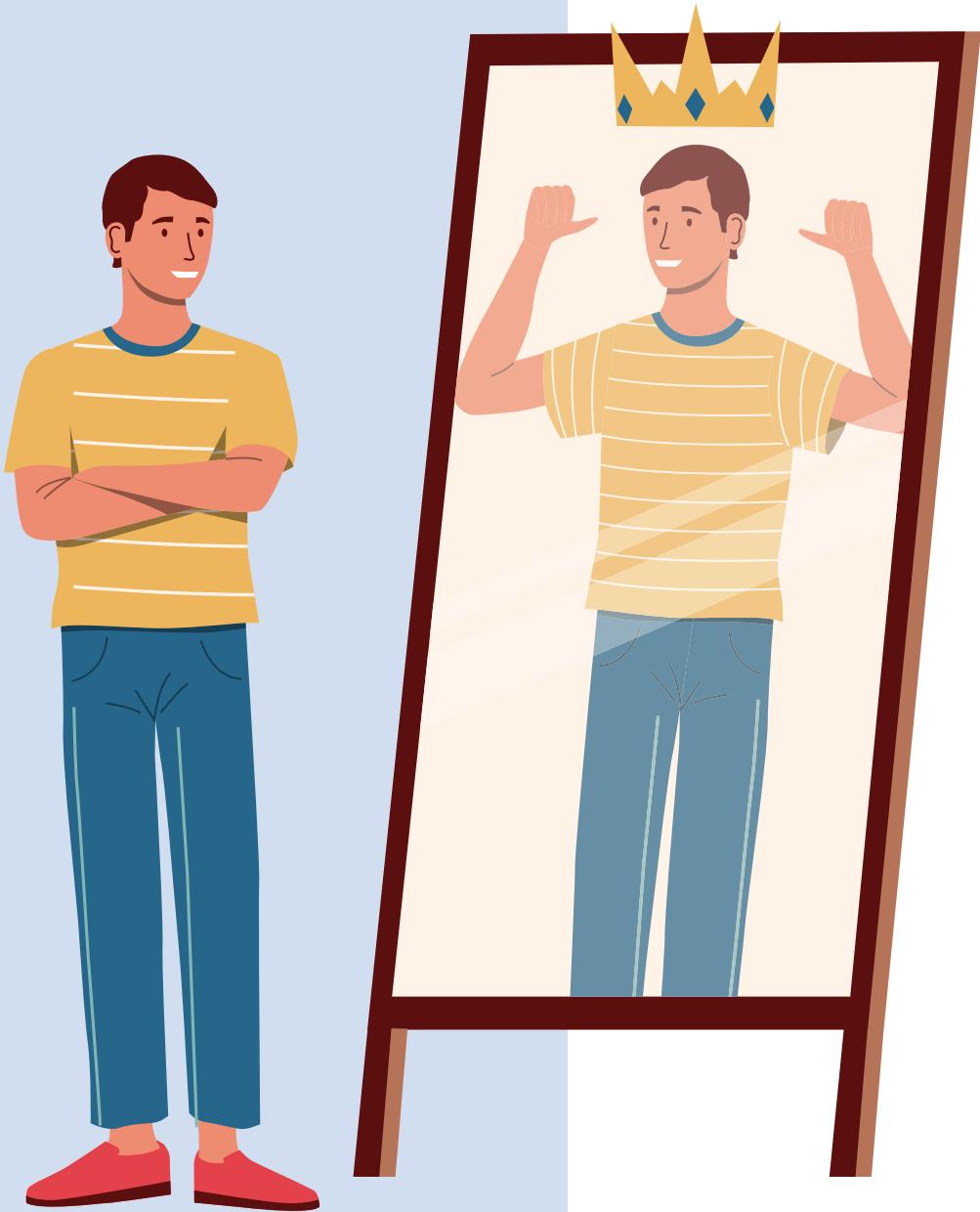
Personal Development

SUCCESS+

DAILY REFLECTION JOURNAL

Write Your Way To Your Ideal Future





Bring yourself closer to your long-term goals with daily, intentional reflection.

- Take less than five minutes to reflect on what went well and not so well.
- Review highlights every Friday to motivate yourself and inspire the week to come.

Goal Setting

This is the beginning of your journey to be more intentional with your time and hold yourself accountable to smash your goals in the months ahead!

Think about where you want to be a year from this moment. Write it down—and then think about how you can take steps toward this vision in your reflections each day.



VISION-SETTING:

If I could do anything for work, no matter the skills or salary, it would be _____

My perfect day starts with _____
and ends with _____

When I think about my ideal life, I imagine:

GOALS FOR THE YEAR

Now, take your ideal life and break it down into smaller steps you can strive for this year. These steps will bring you that much closer to your long-term goals.

I want to improve my skills in:

- 1.
- 2.
- 3.
- 4.
- 5.

I want to move away from my habits of:

- 1.
- 2.
- 3.

I want to connect more with (person, culture, community, aspect of yourself):

- 1.
- 2.
- 3.
- 4.
- 5.

DAILY REFLECTION

Month Journaling:

1 2 3 4 5 6 7 8 9 10 11 12

Week Journaling:

1 2 3 4

Day Of The Week:

Mon Tues Wed Thurs Fri Sat Sun

Date:

Today, I spent most of my time...

*Share something you were thinking about,
working on, or someone you spent time with.*

One good thing that happened today was...

One challenge I faced today was...

**A way I took a small step closer to one of
my goals today:**

(Psst, this can be as small as making a phone call!)

Tomorrow, I want to take a step to advance _____ by...
(Goal)

WEEKLY REFLECTION

Month Journaling:	1	2	3	4	5	6	7	8	9	10	11	12
Week Journaling:	1	2	3	4								
Date:												

Let's take a look back at your week. Revisit your entries from each day and reflect on how they complement one another and how you want to show up next week.

This week, I spent most of my time...

The highlight of my week was...

One challenge I overcame this week was...

I took small (or big) steps toward the following goals:

Goal	Action

(Psst, it can be as simple as breaking procrastination to do laundry—or delivering a tough presentation.)

Next week, I want to be intentional about...

1.

2.

3.

MONTHLY REFLECTION

Month Journaling:

1 2 3 4 5 6 7 8 9 10 11 12

Date:

You did it! A whole month of daily reflections.

Progress can be hard to notice from day to day. So, let's take a look back at your month. Revisit your four weekly reflections and look at your progress to date. By the way, you're doing excellent work to smash your goals!

What I enjoyed the most about this month was...

I took small (or big) steps toward the following goals:

Goal	Action

The most notable challenge I overcame this month was...

To continue my growth next month, I want to...

- 1.
- 2.
- 3.