

## **List of reflection questions to use daily / weekly / monthly**

### **Daily**

- What went well?
- What did I like most?
- What activities did I actually finish?
- What activities do I need to reschedule?
- What activities do I need to rethink and redecide on?
- What could I have done better?
- What will be my activities for tomorrow?

### **Weekly**

- What were my goals for this week?
- What steps did I take to achieve my goals?
- What gave me a lot of energy?
- How did I make sure to eat healthy and varied?
- How did I manage to go to bed on time?
- What did I do to exercise and/or do sports?
- How did I manage not to waste my time on things I cannot influence?
- When did I say something nice, encouraging or constructive to someone?
- What are my goals for next week?

## **Monthly**

- What satisfaction did I get from my daily activities?
- What new things did I learn and/or try?
- Where did I use my unique qualities?
- When did I feel thankful and satisfied with what I have?
- What did I do to build / maintain good relationships?
- Who did I help in my environment?
- When did I accept mistakes or faults by myself or others?
- How did I take time for reflection or meditation?
- What problems have I been avoiding for a while?
- What step can I take to get to my desired situation?
- What adjustments do I want to make for next month?