Reflection Journal Template

Use this journal template to reflect daily or weekly throughout your 30-day learning journey. The prompts are designed to support metacognition, growth tracking, and long-term retention.

# Date

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# Learning Summary

What did you learn today or this week? Summarize key takeaways.

# Challenges Encountered

What obstacles did you face, and how did you respond?

# Wins & Progress

What milestones or small wins can you celebrate?

# Mindset & Motivation

How are you feeling about your learning progress? What is motivating you?

# Next Steps

What will you focus on next? Any changes you plan to make?