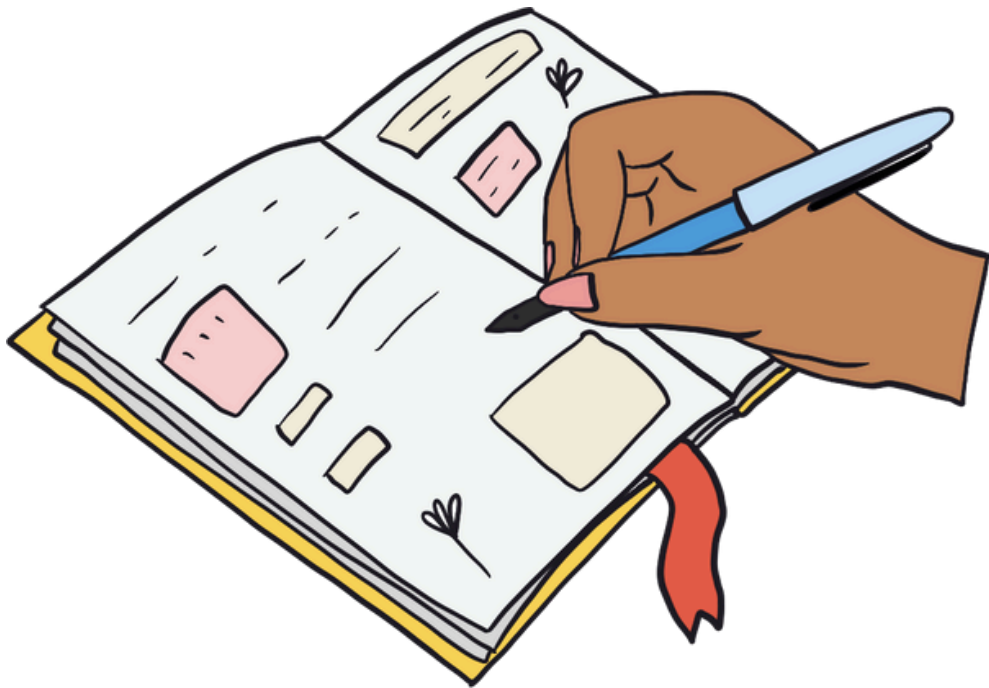# SELF-REFLECTION WORKSHEET

This worksheet is designed to help you reflect on your daily interactions, feelings, and thoughts. By exploring these areas, you can identify patterns in your behavior and thought processes that may need adjustment. Take your time with each prompt and be honest with yourself.

DAILY INTERACTIONS

Describe a *positive* interaction you had today.

Who was it with?
What made it positive?
How did it make you feel?

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Describe a challenging interaction you had today.

Who was it with?
What made it challenging?
How did it make you feel?

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How did you respond to each interaction?

Was your response effective? Why or why not?

What could you have done differently?

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DAILY INTERACTIONS

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DAILY FEELINGS

Identify 3 emotions you felt the most strongly today.

What triggered these emotions? How did you handle each emotion?

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Which emotion was hardest to deal with?

Why was it difficult? What strategies did you use to cope?

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Reflect on a moment of joy or contentment.

What was happening at that moment?

How can you create more moments like this?

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DAILY FEELINGS

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DAILY THOUGHTS

Recall a recurring thought you had today.

What was the thought?
How did it impact your mood or actions?

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Identify a negative thought you had today.

What was the thought?
How did you challenge or reframe it?

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Reflect on a positive or constructive thought.

What was the thought?

How did it influence your day?

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DAILY THOUGHTS

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IDENTIFYING PATTERNS

Behavior Patterns

Do you notice any recurring
behaviors in your daily
interactions?
Are there any behaviors you'd
like to change?

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Emotional Patterns

Are there emotions you
experience frequently?
What can you do to manage
these emotions more
effectively?

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Thought Patterns

Do you have recurring thoughts that are unhelpful
or negative?

How can you reframe these thoughts to be more
positive or constructive?

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IDENTIFYING PATTERNS

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ACTION PLAN

set a goal for tomorrow

Based on today's reflections, what is one goal you can set for yourself tomorrow?

develop a strategy

What specific steps will you take to achieve this goal?

create a support system

Who can you reach out to for support or accountability?

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Reflecting on your day is a powerful tool for personal growth. By identifying patterns and making small adjustments, you can create a more positive and fulfilling life. Remember, self-reflection is a continuous process. Be kind to yourself and celebrate your progress.

Feel free to print this worksheet and use it daily.

Revisit your answers regularly to track your growth and make adjustments as needed. Happy reflecting!

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