## Work on You, For You

Use this sheet to reflect on your day: what went well and what could be improved for tomorrow. Circle today's date if you're doing this daily to track your progress.



## **Daily Intention**

How are you feeling today?

















Breakfast	
Lunch	
Dinner	
Snacks	

How Did You Sleep? Hours	
Quality 1 2 3 4 5	
Dreams	

## What did you do today to take care of yourself?

Physical - Think about how you took care of your body today through physical activity, massage, your skincare or other hygiene routines.

**Mental** – How did you nurture your brain today? Did you read, use your creativity, or meditate?

Emotional – Did you feel your emotions change throughout the day? Did you experience joy or happiness, maybe stress or sadness? What were those emotions and how did you help yourself through them?

**NOTES | OBSERVATIONS | REFLECTIONS** 

## **Self Reflection**

Take a look back at your day by answering the questions below.

TWO-WORD CHECK-IN	GRATITUDE
How would you describe the day in 2 words?	What is one thing you are grateful for?
What did you work on today?	
What did you learn about yourself today?	
One thing that surprised you	
One person who made you smile	
One thing you learned	