

Reflections of the Day

(answer as many or as few questions as you'd like)

What went well today?

What was hard today?

What's something you're proud of yourself for today?

What is something you learned today?

How did you feel supported today? How did you feel unsupported today?

What is something you're grateful for from today?

How might you try doing something differently from today in the future?

What are 5 words to describe today?