

Reflecting on Reflecting on My Day:

After writing down what I did today, I am thinking and feeling...

I found it easy/hard to write down everything I did. I think this is because...

I learned this from writing down what I do:

Reminder for me and Susie, my top 2-3 values are:

Are my values reflected in my day? If yes, tell me below how. If no, why do you think they're not and/or what can you learn from that?