

FREE 7-DAY STARTER

7 Days of Self-Reflection

Try the daily prompts from the *30 Day Self-Reflection Journal*. Set aside 10–15 minutes each day.

Day 1

What were the highlights of my day?

What challenges did I face, and how did I handle them?

What emotions did I experience, and why?

Day 2

What were the highlights of my day?

What challenges did I face, and how did I handle them?

What emotions did I experience, and why?

Day 3

What were the highlights of my day?

What challenges did I face, and how did I handle them?

What emotions did I experience, and why?

Day 4

What were the highlights of my day?

What challenges did I face, and how did I handle them?

What emotions did I experience, and why?

Day 5

What were the highlights of my day?

What challenges did I face, and how did I handle them?

What emotions did I experience, and why?

Day 6

What were the highlights of my day?

What challenges did I face, and how did I handle them?

What emotions did I experience, and why?

Day 7

What were the highlights of my day?

What challenges did I face, and how did I handle them?

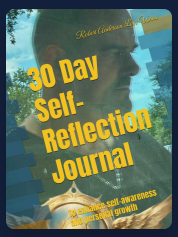
What emotions did I experience, and why?

End of week

What have I learned about myself this week?

How did I progress towards my goals?

What am I grateful for?



Keep going for the full 30 days.

30 Day Self-Reflection Journal by Robert Anderson Love Wins.
Read a free sample: robertandersonlovewins.com/books/30-day-self-reflection-journal/

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