The Daily Self-Reflection Journal

Check In • Reflect • Grow

A reusable space for emotional awareness and intentional action

Date: _____ Time of check-in: _____

1 Name what I am feeling

Which 2–3 emotions describe how I feel right now? (Use a feelings wheel if helpful.)

2 Understand what is behind it

What happened, or what thoughts or needs might be influencing these emotions?

3 Notice something about myself

What did I learn about my reactions, patterns, strengths, or boundaries today?

4 Recognize what matters

What is one thing I appreciate, feel grateful for, or am proud of today?

5 Identify what I need

What would support me emotionally, physically, or in my relationships right now?

6 Choose one intentional action

What specific small step will I take, and when will I take it?

FOLLOW-THROUGH | Revisit after taking your step

Did I follow through? What helped or got in the way? What will I try next?

Created for educational and personal reflection by Imperfect Harmony Counseling Services.
This worksheet is not a substitute for individualized mental health care.