

Journal Topics

Questions/Prompts for Reflection at the End of the Day

Reflecting on the Day

1. What moment today felt the most meaningful or rewarding?
2. What was one small win I had today – personally or professionally?
3. What was a challenge I faced today, and how did I respond to it?
4. A question I still have is... OR I am still curious about...

Noticing Emotions & Energy

5. What emotions stood out for me today? How did they show up in my interactions?
6. How did I take care of myself today – physically, emotionally, or mentally?
7. What was my energy like today? What helped boost it or drain it?

Gratitude & Growth

8. Something or someone from today that I am grateful for or appreciate of is
9. What did I learn about myself, my students, or my colleagues today?
10. What's one thing I want to carry forward into tomorrow?

Letting Go & Resetting

11. I am looking forward to tomorrow because...
12. My word or intention that I am setting for tomorrow is...
13. How can I show up for myself and others with kindness tomorrow?