

## Daily Reflection Worksheet

**Instructions:** Before you begin your day, choose a success definition and record it in the 1<sup>st</sup> box. At the end of the day, place a check mark next to the definition if your day was a success. Then, in the 2<sup>nd</sup> box, itemize other tasks you completed during the day. Take time to celebrate and savor what you accomplished. Finally, reflect on what you learned from the day and record your lesson in the 3<sup>rd</sup> box.

**I will consider today a success if I ...**

**What I accomplished today**

**What I learned today**