

LOU LAGGAN EXECUTIVE & LEADERSHIP COACH

HELPING YOU THRIVE AT HOME, AT WORK, IN LIFE



Daily Reflection Worksheet

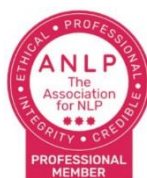
Daily reflection on things that have gone well is a great way to support your self-belief and develop a positive mindset.

Here is a selection of some of the prompts that I use. Try them out, adapt them, create your own. I complete mine at the end of every day.

| Date | |
|--|--|
| My family admire me for my way of..... | |
| Today's highlight was..... | |
| 5 things that helped me find calm today... | |

| Date | |
|--------------------------------------|--|
| I felt proud today when I.... | |
| Today, I enjoyed..... | |
| I feel most proud of myself when.... | |

| Date | |
|---|--|
| 5 Things or People I feel thankful for... | |
| I feel best about myself when.... | |
| I feel most proud of myself when.... | |



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