

## **Brief End-of-Day Reflection**

The following reflective questions can be used to reflect on all aspects of your day-work, personal and professional growth, family/social, health, finances, and spiritual.

- What was the best part of my day today and who or what made it the best part?  
What did this teach me?
- What am I most proud of today?
- Who or what am I most grateful for?
- What did I spend too much time doing today? Who or what caused this to happen and what can I do tomorrow to use my time for effectively?
- What did I not spend enough time doing? Who or what prevented me from taking the time I needed and what can I do tomorrow to change this?
- If a crisis threw off my schedule, how do I need to readjust my priorities for tomorrow?
- Did I remain focused on what matters most to me and if not, what can I do tomorrow to reset my focus?
- What is it I wished I would have done differently today and how might I make this happen tomorrow or in the near future?
- Was there a person or situation that triggered an unwanted emotional reaction today? What did I learn from this and what do I need to do to change in order to better regulate my reaction should this happen again?
- What do I wish I would have said or not said today?
- What one thought helped or hurt me today?
- Did I remain optimistic in my thoughts and actions and if not, what can I do to remain more optimistically focused?
- Even though my time may have been limited, did I pursue doing what matters most to me in my personal life (mental health, stress management, my spiritual life, social, physical health and financial), with family and/or friends, and what matters most to me at work, in my professional life?
- What are my three top priorities for tomorrow?