



## Homework Activity #1 Brief End-of-Day “Buddy Reflections”

- What am I grateful for today?
- What do I need to let go of?
- What is my intention for tomorrow?



## More End-of-the-Day “Buddy Reflections”

What was the best part of my day today and who or what made it the best part?

What did this (encounter) teach me?

What one thought helped me today?

Are there any words from a colleague that you are grateful for today?

What am I most proud of today?

# Organizational Strategies to Reinforce End-of-the-Day Reflections



- 1) If you are a supervisor, incorporate this into a check-in with your supervisees during supervision. Model by sharing your own reflections.
- 2) These questions could be sent out via a Teams message asking your team or work group to reflect on these questions;
- 3) One of these questions could be posed during a staff meeting, with round robin reflections