

Daily Reflection Template

Reality by Design • August 23 & December 16

Daily reflection transforms experience into wisdom. Take 5-10 minutes each evening to review your day, celebrate wins, identify lessons, and set intentions for tomorrow. This simple practice accelerates growth and keeps you aligned with your vision.

Date:

1. What went well today?

Celebrate your wins, big and small. What are you proud of?

2. What could have been better?

What challenges did you face? What didn't go as planned?

3. What did I learn today?

Every experience contains a lesson. What insights did you gain?

4. What will I do differently tomorrow?

Based on today's lessons, what will you adjust or improve?

Pro Tip: Print multiple copies or create a dedicated journal for daily reflections.