

Self reflective journal

Monday	
Something I did really well today	
Today, I had fun when...	
I felt proud when...	
Tuesday	
Today I felt good about myself when...	
A positive thing I witnessed...	
Something I did for someone	
Wednesday	
I felt proud when...	
I had a positive experience with (a person, place or things)	
I was proud of someone else because...	
Thursday	
Today I had fun...	
Today I learned...	
Something I did well today	
Friday	
Today I rewarded myself by...	
Something I did for someone else	
Something I did that made me proud	
Saturday	
Something I did that made me happy	
Something someone did for me that made me happy	
What made me proud today?	
Sunday	
Something I am grateful for	
I had fun today...	
I felt proud when...	