

## DAILY REFLECTION QUESTIONNAIRE

1. The high points of my day were \_\_\_\_\_  
\_\_\_\_\_.
2. The low points of my day were \_\_\_\_\_  
\_\_\_\_\_.
3. Today it felt good to start, work on, or finish. \_\_\_\_\_  
\_\_\_\_\_ (“Nothing” is an acceptable answer).
4. I really hated to \_\_\_\_\_ because \_\_\_\_\_.
5. I really wasted time when I \_\_\_\_\_  
\_\_\_\_\_.
6. It took much longer than I expected to \_\_\_\_\_  
\_\_\_\_\_. (So frustrating!)
7. I was really drained doing \_\_\_\_\_  
\_\_\_\_\_.
8. Shoot, I forgot/didn't have time to do \_\_\_\_\_  
\_\_\_\_\_.
9. To better manage my time today, I shoulda/woulda/coulda \_\_\_\_\_  
\_\_\_\_\_.
10. The thing I did today that was the most meaningful was \_\_\_\_\_  
\_\_\_\_\_.