

Your Self-Reflection Journal

Over the next 30 days, find and read the question or instruction for that day. Make notes about it on the blank template on the next page. You will end up with 30 days of self-reflection to look back on.

Day 1

What two goals have you achieved this year?

Day 2

What is the one thing you are not proud of?

Day 3

How can you be kind to yourself?

Day 4

What three things are you most looking forward to?

Day 5

How would your best friend describe you?

Day 6

What is your biggest worry?

Day 7

What is your dream for the future?

Day 8

When you feel sad, what makes you feel happier?

Day 9

Who is your biggest cheerleader?

Day 10

What one thing would you change about the world?

Day 11

What one thing would you change about yourself and why?

Day 12

If you had three wishes, what would they be?

Day 13

When was the last time you doubted yourself?

Day 14

Share how you are feeling today with someone you trust.

Day 15

What was the last thing you did that was fun?

Day 16

How do you look after your body?

Day 17

What has been your greatest achievement so far?

Day 18

What is the one behaviour you would like to change?

Day 19

What will it feel like when you achieve your dream?

Day 20

If you had to give advice to someone who was worried about trying something new, what would you say to help them?

Day 21

When did you last laugh out loud?

Day 22

How do you look after your emotions and feelings?

Day 23

What does it feel like when you relax?

Day 24

Write down a positive affirmation to say to yourself each day.

Day 25

When did you last use negative self-talk? For example, 'I can't do this!'

Day 26

Do something today to make someone smile.

Day 27

Who do you admire and why?

Day 28

What keeps you motivated to do well?

Day 29

How do you forgive yourself when you make a mistake?

Day 30

What is the most important goal that you will work towards?

Day 1:

- _____
- _____

Day 2:

Day 3:

Day 4:

- _____
- _____
- _____

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

- ---
- ---
- ---

Day 13:

Day 14:

Day 15:

Day 16:

Day 17:

Day 18:

Day 19:

Day 20:

Day 21:

Day 22:

Day 23:

Day 24:

Day 25:

Day 26:

Day 27:

Day 28:

Day 29:

Day 30:
