

DAILY REFLECTION

Are you at peace? Why or why not? What do you need to do to find peace?

What are you avoiding? What do you feel like you just “survived”?

What did not work today? Why?

Were you flexible today? Why or why not? What could you do differently in the future?

Did you live in alignment with your values today?

What are your priorities for tomorrow? How are you going to achieve them?

What did you need today?

What did others need from you? Did you deliver? Why or why not?

Did you love/contribute/lead enough?

Did you spend enough time understanding other people's worlds and perspectives?

What actions will you take tomorrow? What tools and skills and lessons do you still need to achieve your goals?
