

# Self-Reflection + Awareness

DATE: / /

WHAT ARE THREE THINGS I'M GRATEFUL FOR TODAY?

1.

2.

3.

HOW DO I FEEL RIGHT NOW? WHAT MIGHT BE THE CAUSE OF THESE FEELINGS?

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WHAT ARE THE POSITIVE QUALITIES I SEE IN MYSELF?

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WHAT HABITS WOULD I LIKE TO CHANGE OR IMPROVE IN MY LIFE?

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