

REFLECTION

How would I describe my mood today?

What events have affected my mood?

What brought me joy today?

How has my sleep affected my mood?

What self-care have I engaged in today?

Mood affects energy levels, how we approach situations and how well we learn, listen and interact with others. Reflect regularly on what alters your mood and how this affects different areas of your day-to-day experience.

JOURNAL PROMPTS

KNOWING YOURSELF
IS THE BEGINNING OF ALL
WISDOM

- ARISTOTLE

WE DO NOT LEARN FROM
EXPERIENCE

WE LEARN FROM
REFLECTING
ON EXPERIENCE

- JOHN DEWEY

