

DAILY REFLECTION LOG

What feelings or emotions did I notice while completing today's challenge?

What was the most challenging thing you learned this week? Why?

What was the most impactful piece of content for you this week?

Why are these topics/this subject important?

Did I give my best effort to learn something new today?

What behaviors and beliefs do I want to let go of?

What am I still working on?

How can I apply what I learned from today?
