



## **DAILY REFLECTION FLOW CHART:**

As you continue growing in self-awareness, sometimes a simple tool can provide rich insight. Reflection at the end of the day is one way we can practice pushing the pause button to acknowledge what emotions and responses we experienced throughout the day. This is also one tool we can use to help us identify patterns and/or personal triggers. Ultimately, the goal is that you can have self-awareness in the moment and make choices that lead to freedom. This is also a reminder that failure is NOT failure if you've learned something. Even if you learn that one strategy was not successful, you've gained wisdom and insight which is a win!

