

SKILL – Daily Reflection Journal



1) DESCRIPTION OF THE TOOL

The Daily Reflection Journal is a personal tool designed to enhance self-awareness and promote self-regulation through guided reflections on daily experiences, feelings, and actions.

Time: 15 minutes - daily

2) OBJECTIVES OF THE TOOL

- To increase self-awareness by identifying patterns in behavior and emotions.
- To develop better self-management skills through reflective practice.
- To enhance decision-making and problem-solving abilities.
- To promote emotional regulation and mindfulness.

3) CONNECTION OF THE TOOL WITH THE SKILL

This tool connects directly with the self-regulation skill by facilitating a daily practice that encourages individuals to reflect on their emotional responses and behavior, helping to build a more thoughtful and controlled approach to challenges.

4) RESOURCE MATERIALS

- A journal or digital document for recording reflections.
- Guided questions or prompts to facilitate meaningful entries.
- Regular review sessions to assess progress and insights.

5) HOW TO APPLY THE TOOL

- Step 1: At the end of each day, spend 10-15 minutes writing in the journal.
- Step 2: Respond to prompts that encourage reflection on the day's emotional experiences, decisions, and actions.
- Step 3: Identify any situations that were difficult to manage and explore different responses or solutions.
- Step 4: Set goals for the next day based on insights gained from the journal.



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6) WHAT TO LEARN

Participants will learn to observe and analyze their own behaviors and emotions critically, leading to improved self-regulation skills. They will also develop a greater understanding of how their actions align with their goals and values.



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