

DAILY *Reflection*

Date: _____

Gratitude

Daily Five

- Prayer and Meditation
- Beautiful Words
- Community
- Trusted Counsel
- Acts of Service

Was I resentful, selfish, dishonest or afraid?

Did I cause any harm? Do I owe any apologies?

Was I kind and loving to all?

Was I thinking of myself or what I could do for others?

Am I keeping anything to myself which should be discussed? Who will I tell?

What did I do well?

What could I have done better?