



What situation didn't work out so well today?

Take stock.
What could have been prevented?
What outcomes would have been better?
Writing your thoughts in a reflective journal helps you to remember what to do differently next time.

Reflecting on today's situation



What went well?

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What would I do differently?

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What can I learn from today to take into tomorrow?

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Insights from today's resilience habit

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Intention for tomorrow

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