

End-of-the-Day Journal Prompt

Before you leave the school building, take a moment to reflect on your day. Respond to some or all of these prompts. When you are finished, leave your workday on the page until tomorrow!

Date: _____

Take a deep breath through your nose and exhale slowly.
Repeat two more times.

● One word that describes how I feel right now

X _____

● Successes experienced today

X _____

● Challenges faced today

X _____

● This made me smile today ...

-- _____

● This has been on my mind ...

> _____

● Think on this and come back to it tomorrow ...

> _____

● Something I'm looking forward to

O _____