

How does this reflection impact on your thinking/ actions/ plans from now ... ?

The most satisfying aspect of the day was ... because ...	During the day, I felt ... because ...	I was frustrated today when ...	An important learning for me today was ...
If I had this day over, I would change the way I ...	Something I noticed about myself today was ...	I was pleased with the way I ... today ... because ...	I had not expected ... today ... this affected how I ...
I wish I had ... today ... because ...	A question that has arisen for me today is ...	Something that challenged me today was ... because ...	I felt happiest today when ...

Other reflective prompts to think over a day ...

- If your day were a colour / shape / animal / symbol ... what would it be?
- What is ONE word you would use to describe your day?
- If your day was a newsletter headline - what would it be?
- Write a "tweet" that sums up your day (120 characters)
- ECG: emotion, cognition, growth: how do you feel? What did you learn? What do you need to do next?
- Snapshot / freeze-frame: What picture / photo from your day would best sum it up?