

# Self Reflection x Positivity loop

MY THOUGHTS RIGHT NOW?

WHAT I DID WHICH I AM PROUD OF?

BREAK THROUGH I HAVE GOT?

3 THINGS I AM THANKFUL FOR:

1.

2.

3.

WHAT DIDNT GO AS PLANNED?

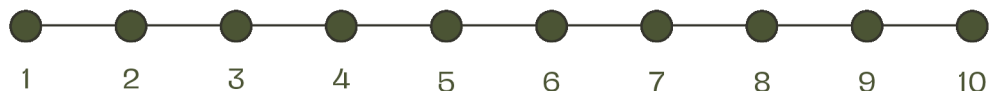
WHAT GO AS PLANNED?

FOCUS

LEARNING?

TOMORROW AGENDA IN BRIEF

MY MOOD AFTER I  
DID SOMETHING  
PRODUCTIVE?



1

2

3

4

5

6

7

8

9

10