

Date: ___/___/___

SELF-REFLECTION JOURNAL: 1-PAGE PER INCIDENT

What happened?

What was I thinking and feeling?

What were my attitude and beliefs?

How does what I did align with my values?

Was any of my habits at play in what happened?

What was good and bad about the experience?

How do I make sense of the situation?	
What else could I have done?	
If it arose again, what would I do?	