



IDALARO
SHIVA

Mini Reflection Journal

**A Simple Journal To
Reflect, Learn & Grow**

Small steps. Daily consistency

DISCIPLINE TODAY. FREEDOM TOMORROW



Welcome

Thank you for choosing the Mini Reflection Journal.
This journal was created to help you slow down, check in with
yourself, and reflect on your day.

Life can be busy, and sometimes we move from one day to
the next without taking a moment to think about how we feel,
what we have learned, or what truly matters to us.

You do not need to write long answers.

A few words, a sentence, or a short reflection is enough.

There are no right or wrong answers.

This journal is not about being perfect.

It is about becoming more aware of yourself, your thoughts,
your feelings, and your growth.

Take your time.

Be honest.

Be kind to yourself.

And remember:

Small reflections can create big changes over time.



How To Use This Journal

This Mini Reflection Journal was created to help you slow down and take a few moments for yourself each day.

There is no perfect way to use this journal.

You can use it:

- In the morning to check in with yourself
- During the day to pause and reflect
- In the evening to look back on your day

Take a few minutes to answer the questions honestly.

Some days you may write a lot.

Some days you may only write a few words.

Both are okay.

The goal is not to have perfect answers.

The goal is to become more aware of your thoughts, feelings, experiences, and personal growth.

Try to be honest with yourself.

Reflect without judgment.

And remember:

Small moments of reflection can lead to meaningful change over time.

Take your time.

Reflect.

Learn.

Grow.

Remember:
small daily steps lead to lasting
change. Focus on progress, not
perfection.

Date: _____



Today's Reflection

How am I feeling today?

What stood out most today?

What is one thing I learned today?

What do I want to remember from today?

I AM PROUD OF MYSELF. I choose me. Every day.

Date: _____



Today's Reflection

What made me smile today?

What challenged me today?

What am I proud of today?

What is one thing I want to improve tomorrow?

I AM PROUD OF MYSELF. I choose me. Every day.

Date: _____



Today's Reflection

What gave me energy today?

What drained my energy today?

What am I grateful for today?

What do I need more of right now?

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Today's Reflection

What is on my mind today?

What is something I handled well today?

What is one thing I learned about myself?

How do I want tomorrow to feel?

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Today's Reflection

What was the best part of my day?

What am I currently working on?

What is one small win I had today?

What is one thing I can do for myself tomorrow?

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Final Reflection

Congratulations on completing your Mini Reflection Journal.
Taking a few minutes to reflect may seem like a small thing, but small actions often create the biggest changes over time.
Take a moment to look back on your journey.

What am I most proud of?

What have I learned about myself?

What positive changes have I noticed?

I AM PROUD OF MYSELF. I choose me. Every day.

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What do I want to continue doing?

What is my next step?

Final Thoughts

Growth does not happen overnight.

It happens one day, one choice, and one reflection at a time.

Keep showing up.

Keep learning.

Keep growing.

And most importantly, keep choosing yourself.

I AM PROUD OF MYSELF. I choose me. Every day.