

Reflect & Reset Journal



REFLECT & RESET JOURNAL

This journal is all yours — a place to be real, honest, messy, creative, or quiet. There's no right or wrong way to use these pages.

Write what you feel.

Say what you can't always say out loud.

Celebrate your wins.

Unload your stress.

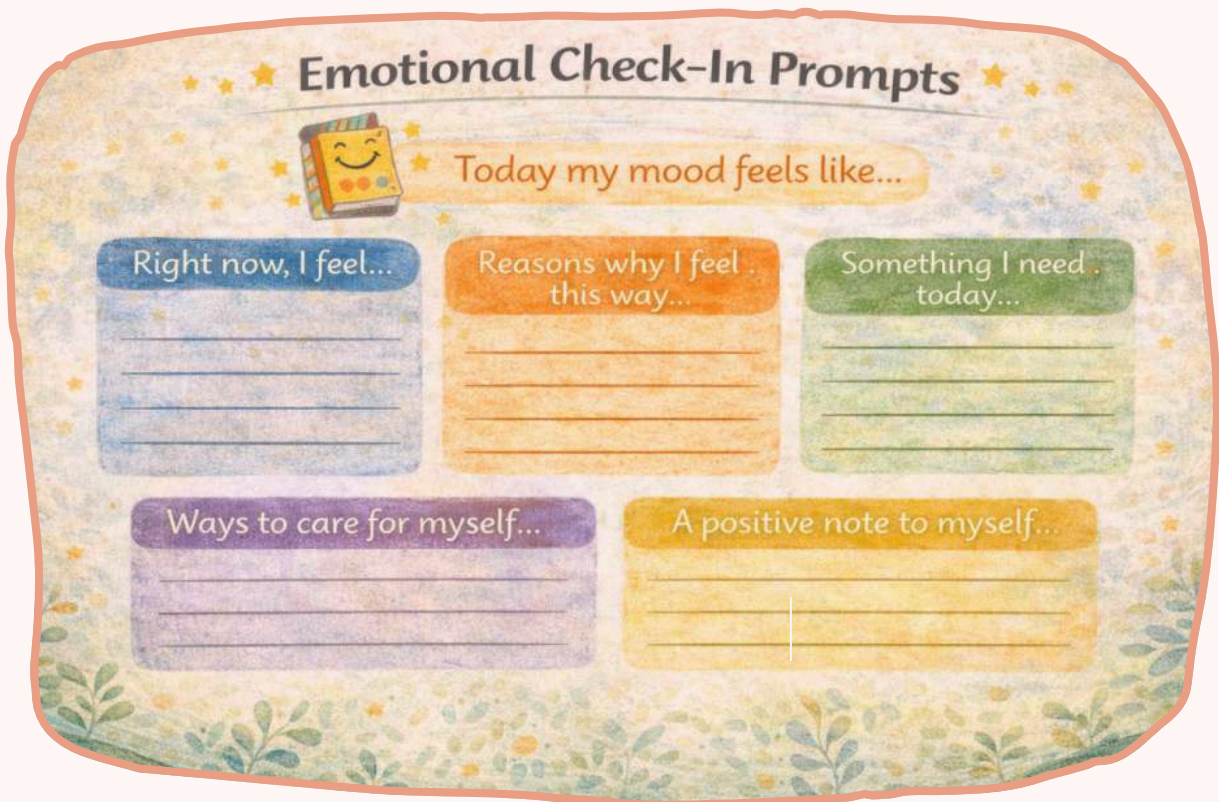
Dream big.

You're growing, learning, and becoming someone amazing — even on days when it doesn't feel like it.

Let this journal be your reminder: **you matter, your feelings matter, and you deserve space to breathe.**

01

EMOTIONAL CHECK-IN PROMPTS



Emotional Check-In Prompts

Today my mood feels like...

Right now, I feel...

Reasons why I feel this way...

Something I need today...

Ways to care for myself...

A positive note to myself...

The worksheet is a colorful, rounded rectangular card with a floral border. It features a title 'Emotional Check-In Prompts' at the top, followed by a prompt 'Today my mood feels like...' with a small smiley face icon. Below this are five colored boxes with prompts: 'Right now, I feel...' (blue), 'Reasons why I feel this way...' (orange), 'Something I need today...' (green), 'Ways to care for myself...' (purple), and 'A positive note to myself...' (yellow). Each box has three horizontal lines for writing.

Title: _____

Date: _____

TODAY MY MOOD FEELS LIKE...

THREE EMOTIONS I FELT TODAY WERE...

SOMETHING THAT HAS BEEN WEIGHING ON ME LATELY IS...



I KNEW I WAS STRESSED TODAY BECAUSE...

ONE THING THAT HELPED ME FEEL A LITTLE BETTER WAS...





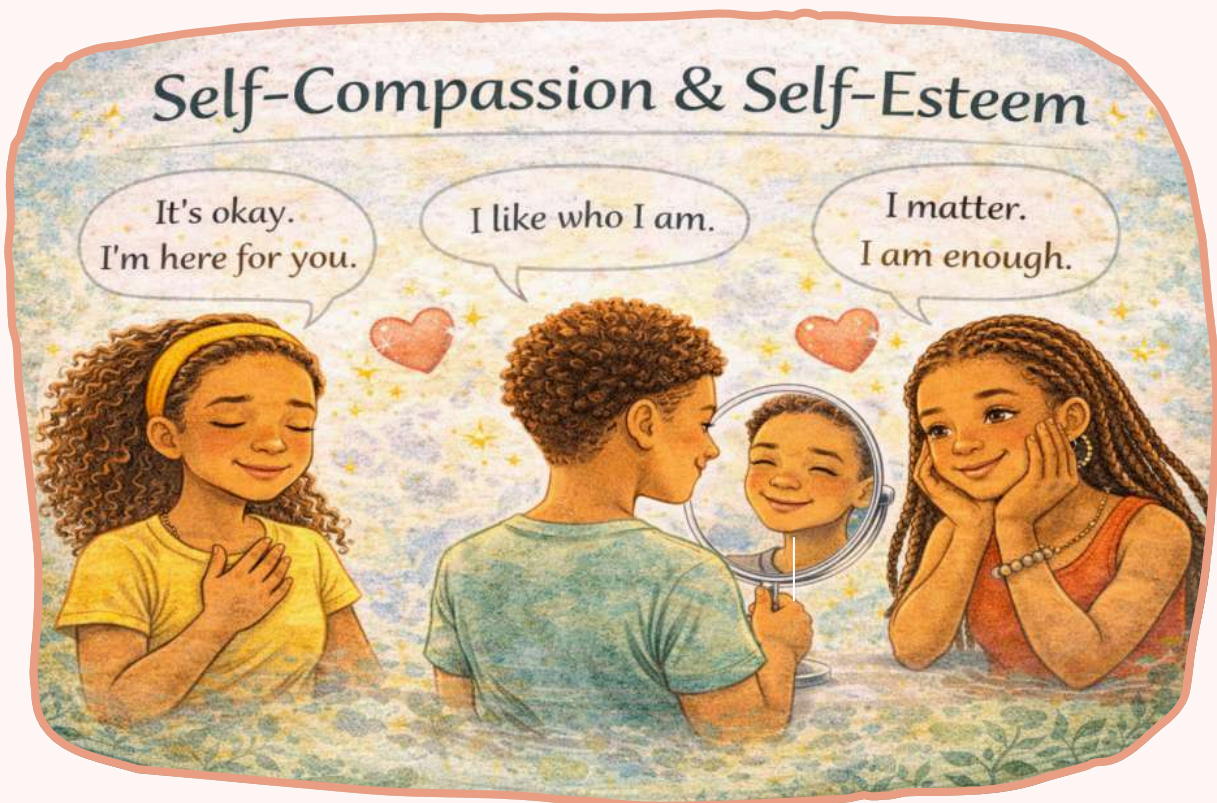
A MOMENT TODAY THAT SURPRISED ME WAS...

IF MY FEELINGS HAD COLORS, THEY WOULD BE...



02

SELF-COMPASSION + SELF-ESTEEM PROMPTS



Title: _____

Date: _____

SOMETHING I'M PROUD OF MYSELF FOR IS...

ONE MISTAKE I MADE TODAY — AND WHAT I LEARNED FROM IT...

A PART OF MYSELF I WANT TO SHOW MORE LOVE TO IS...

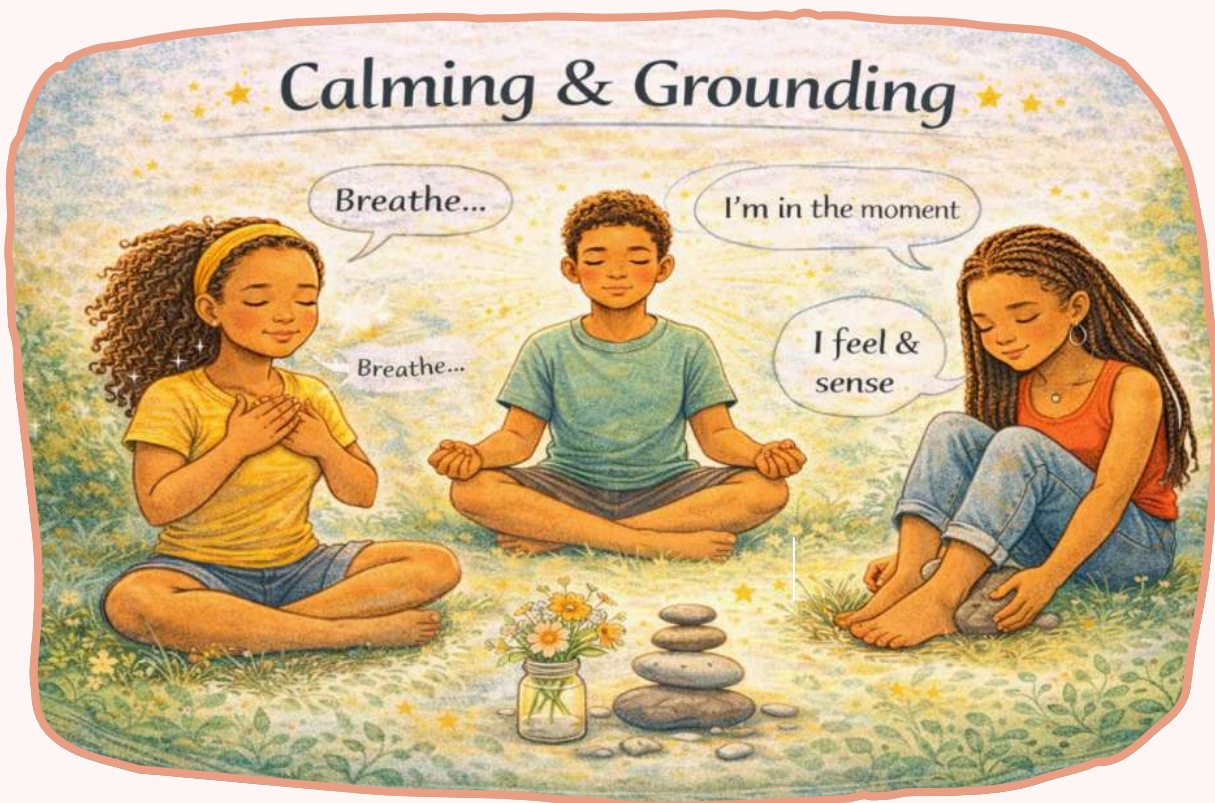
I FEEL STRONGEST WHEN I...

THREE THINGS I LIKE ABOUT WHO I'M BECOMING...

TODAY I CHOOSE TO BE GENTLE WITH MYSELF BY...

03

CALMING + GROUNDING PROMPTS



Title: _____

Date: _____

WHAT HELPS ME FEEL CALM WHEN LIFE GETS LOUD?

A SAFE MEMORY I CAN GO BACK TO IN MY MIND IS...

WHEN I SLOW DOWN AND BREATHE, I NOTICE...



ONE GROUNDING TOOL I WANT TO PRACTICE MORE IS...

A PLACE WHERE I FEEL PEACEFUL IS...

04

STRESS + OVERWHELM PROMPTS



Title: _____

Date: _____

MY STRESS USUALLY SHOWS UP IN MY BODY LIKE...

MY THOUGHTS SOUND LIKE THIS WHEN I'M OVERWHELMED...

ONE THING I WANT TO LET GO OF IS...



A BOUNDARY I NEED TO SET IS...

SOMETHING I AVOID BECAUSE IT FEELS HARD — AND WHY...



05

HOPE + GOALS PROMPTS



Title: _____

Date: _____

SOMETHING I'M LOOKING FORWARD TO IS...

A GOAL I WANT TO WORK TOWARD THIS MONTH IS...

ONE NEW HABIT I WANT TO TRY...



ONE SMALL GOAL I WANT TO WORK TOWARD TODAY IS...

ONE STEP MY FUTURE SELF WILL THANK ME FOR IS...

SOMETHING I WANT TO TRY EVEN IF IT FEELS SCARY IS





MY FUTURE SELF WOULD TELL ME...

IF EVERYTHING GOES RIGHT THIS WEEK, I WANT TO FEEL...



06

RELATIONSHIPS + SUPPORT PROMPTS



Title: _____

Date: _____

A PERSON WHO HAS BEEN THERE FOR ME IS...

ONE CONVERSATION I NEED TO HAVE...

SOMEONE I APPRECIATE — AND WHY...



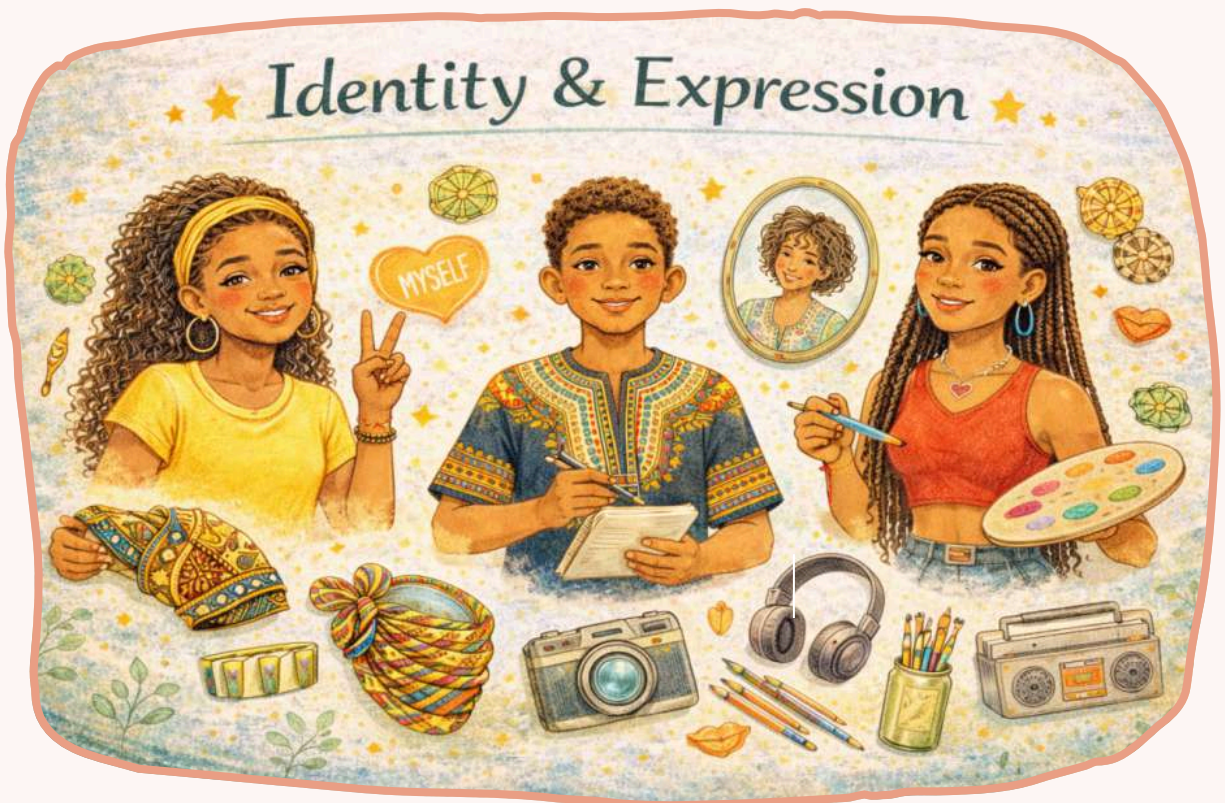
WHEN I FEEL LONELY, IT HELPS WHEN...

A WAY I CAN SHOW LOVE OR KINDNESS TO SOMEONE THIS WEEK...



07

IDENTITY + EXPRESSION PROMPTS



Title: _____

Date: _____

A PART OF MY CULTURE THAT STRENGTHENS ME IS...

MUSIC THAT MATCHES MY MOOD RIGHT NOW IS...

I FEEL MOST LIKE MYSELF WHEN...



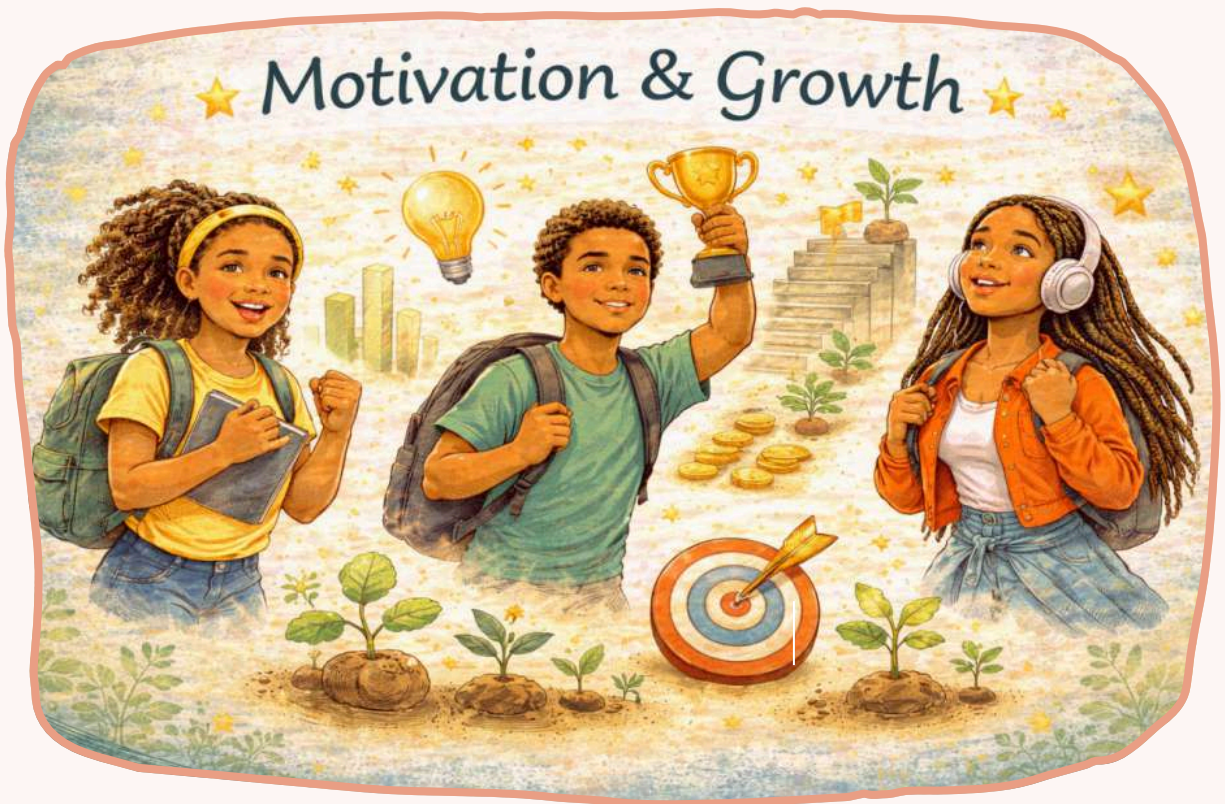
A DREAM I HAVE FOR MY LIFE IS...

SOMETHING UNIQUE ABOUT ME THAT I WANT TO PROTECT...



08

MOTIVATION + GROWTH PROMPTS



Title: _____

Date: _____

A CHALLENGE I OVERCAME RECENTLY...

ONE THING I WANT TO GET BETTER AT HANDLING IS...

SOMETHING THAT SCARES ME — BUT I WANT TO TRY...



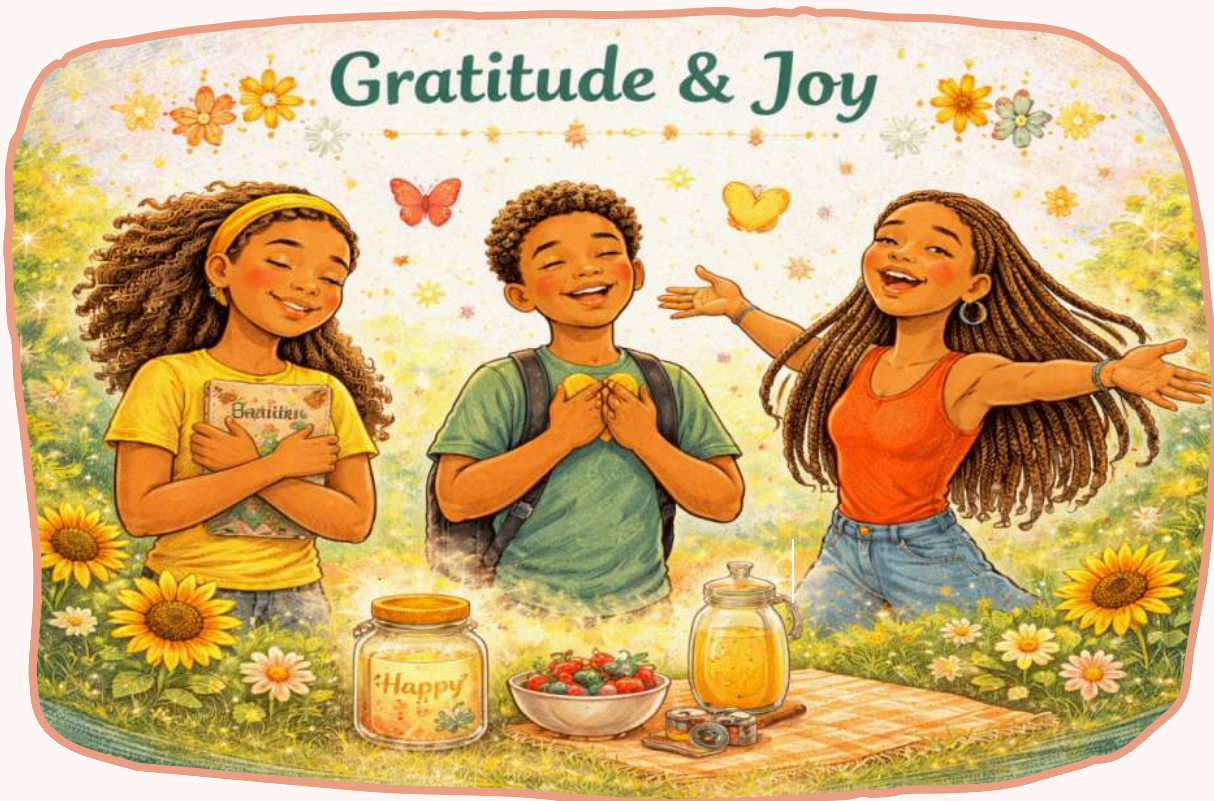
A BRAVE MOMENT FROM THIS YEAR...

WHAT I WOULD TELL MY YOUNGER SELF...



09

GRATITUDE + JOY PROMPTS



Title: _____

Date: _____

THREE SMALL JOYS FROM TODAY...

SOMEONE I'M GRATEFUL FOR IS...

A MOMENT THAT MADE ME SMILE...



SOMETHING BEAUTIFUL I NOTICED TODAY...

ONE THING I WANT TO APPRECIATE MORE...



10

“VENT + RELEASE” PROMPTS



Title: _____

Date: _____

SOMETHING I'VE BEEN HOLDING INSIDE...

IF I COULD SHOUT SOMETHING INTO THE OCEAN RIGHT NOW, IT WOULD BE...

THE INVISIBLE WEIGHT I WANT TO PUT DOWN IS...



WHAT I WISH PEOPLE UNDERSTOOD ABOUT ME IS...

TODAY I JUST NEED TO SAY THIS...

