



End of the Day Reflection

Date:

What went well today? What made it go well?	
What did not go well today? What made it not go well?	
What was the highlight of my day? How can I replicate it?	
What was the low point of my day? What can I learn from it?	
If I could do this day over again, what would I change?	
What do I need to do to be prepared for tomorrow?	