WISER WAYS

Daily Reflective Journal

A daily journaling template to support emotional wellbeing, reflection, and growth

DATE: _____

Morning Reflection – Setting the Tone for the Day

Use this space to check in with yourself before the day begins.

How am I feeling this morning (emotionally and physically)?
☐ Tired ☐ Calm ☐ Anxious ☐ Energised ☐ Other: _____

What thoughts are on my mind?

Today, my self-care intentions are:
☐ Stay present in sessions
☐ Maintain healthy boundaries
☐ Take breaks when needed
☐ Speak kindly to myself
☐ Other: _____

Morning Notes / Reflection:

Midday Check-In – Managing Energy & Staying Present

A quick check-in during the day to stay connected to your wellbeing.

Right now, I'm feeling:
☐ Focused ☐ Overwhelmed ☐ Tired ☐ Content ☐ Stressed ☐ Other: _____

What has helped me manage the day so far?

What could help me reset or recharge for the afternoon?
☐ Deep breathing
☐ Step outside for fresh air
☐ Chat with a peer
☐ Grounding activity
☐ Other: _____

Midday Notes / Reflection:

Evening Review – Reflecting and Releasing the Day

Use this space to process your experiences and emotions from the day.

Highlights or positive moments from today:

What was emotionally challenging today?

How did I take care of myself (or wish I had)?

What did I learn today (about myself, social work, or others)?

What would I like to leave behind before tomorrow?

Weekly Reflection (Optional)

Use this section once a week to track patterns, progress, and needs.

Themes I noticed in my journaling this week:

Moments I felt proud or capable:

What might I need more support with?

My focus for next week: