

Self Reflection

Date:

What challenge am I facing?:

Where am I having this challenge? (Home/School/Work/Church):

Do I act differently when I am with different people? If so, why? (parents/friends/teachers):

What's the weather?

How I'm feeling:

Have I eaten recently?

Have I had enough water to drink?

Have I gotten enough sleep?

Do I respond or react to situations? Why?

What will I do the next time there is an unfavorable situation?

My Affirmation of Truth:

