

DAILY SNAPSHOTS

PART VIII



Worksheet 1

If time is short, this format offers a simple way to capture the day's highlights. If you have more time and want to go deeper, you can do the Daily Reflections. • Before starting, take time to quiet the mind and center yourself. Use a short centering practice, a simple breathing exercise, or the Introspection Gateway to enter a calm and perceptive state.

• **What made me happiest today?**

• **What upset me today?**

• **Who stood out for me today, and what did I learn from our interaction?**

● *How did I enhance my physical health today?*

● *What did I do today to enrich my inner life?*

● *What did I do today for fun or relaxation?*

● *What am I grateful for today?*



Decide what your top priority is for tomorrow and write it here.