

DAILY PERSPECTIVES

PART VIII



Worksheet 2

If you can dedicate more time, this guide will help you discover the treasures hidden in your day's experiences. Respond to those questions that are most relevant.

RELATIONSHIPS

- **Who were the people with whom I had meaningful interactions today?**

- **In each case, was our exchange harmonious and constructive—or less so?**

- **What did I give and receive through those encounters?**

WORK

- *What did I accomplish today in practical terms?*

- *What gave me a sense of inner satisfaction?*

HEALTH

- *What did I do today to support my health and wellbeing?*

- *What signs of tension, discomfort, or pain did I notice?*

HABITS

- *If I am working to release a bad habit, what progress did I make today?*

- *If I'm cultivating a new, positive habit, how did I strengthen or weaken it today?*

CHALLENGES

- *Did I face any unexpected situations or obstacles? How did I respond?*

INNER GROWTH

- *In what ways did I nourish or neglect my inner life today?*

SERVICE

- *Did I offer support or encouragement to someone today?*

RELAXATION

- *What did I do for rest and relaxation?*

HIGHLIGHTS

- *What was the most meaningful or memorable moment of this day*

- *What brought me the greatest joy?*

- *What, if anything, disturbed me today?*

GRATITUDE

- *What am I am grateful for today?*

OTHER SIGNIFICANT OBSERVATIONS

- **Was there anything else today that felt meaningful or worth remembering?**



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