



Journal Prompts & Reflection Tools

Daily Micro-Reflection (2 minutes):

- One thing that gave me meaning at work today was...
- One thing I want to let go of from today is...

Weekly Check-In:

- How did I honor my boundaries this week?
- Where did I notice compassion fatigue creeping in?
- What practices helped me feel most resilient?
- One thing I want to let go of from today is...

Deeper Reflection (monthly):

- What patterns do I notice in my stress and recovery?
- What part of my work still excites me most?
- How am I investing in myself outside of veterinary medicine?
- One thing I want to let go of from today is...