



NIGHT REFLECTION

"REFINE YOUR SOUL."

DATE: _____

✂ THE DAY REVIEW

DID I COMPLETE TODAY'S MISSION?

☐ YES

☐ PARTIALLY

☐ NO

WHAT HAPPENED?

✂ VIRTUE REVIEW

WHICH VIRTUE DID I DEMONSTRATE MOST STRONGLY TODAY?

WHICH VIRTUE REQUIRES GREATER ATTENTION?

✂ THE ROCK

WAS I TRUTHFUL TODAY?

☐ YES ☐ NO

DID I ACCEPT ACCOUNTABILITY?

☐ YES ☐ NO

DID I CARRY RESPONSIBILITY?

☐ YES ☐ NO

DID I FACE REALITY HONESTLY?

☐ YES ☐ NO

✂ LESSONS

WHAT DID TODAY TEACH ME?

✂ GRATITUDE

THREE THINGS I AM GRATEFUL FOR:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



TOMORROW

WHAT IS THE MOST IMPORTANT THING I MUST IMPROVE TOMORROW?



FINAL SEAL

TODAY WAS ANOTHER OPPORTUNITY TO REFINE MY SOUL.

TOMORROW I BEGIN AGAIN.

SIGNATURE: _____