

10 REFLECTION QUESTIONS FOR POSITIVITY



What was your favourite part of the day and why?

What did you do today that made a difference to someone?

What surprised you today and why?

What moments were you most proud of?

What's the most important thing you learned today?

What challenges did you face today and how did you overcome them?
How will you use this experience in future?

How did you demonstrate your commitment to your wellbeing today?

What goal did you achieve today and what goal will you set for tomorrow?

How did you act as a role model for others today?

What are you looking forward to about tomorrow?