

# Rooted Reflection

A Guided Journal from MindsetMe  
Counseling & Support Services

## **Morning Intention**

Today, I intend to:

One word I want to embody today:

What I'm grateful for this morning:

## **Evening Reflection**

How did I feel throughout the day?

What went well today?

What challenged me, and how did I respond?

What am I proud of today?

What do I need to release before bed?



## Mood + Mindset Tracker

Mood rating (1-10): \_\_\_\_\_

Energy level: Low / Medium / High

Three emotions I felt today:

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•

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What thoughts took up the most space today?

What helped me stay grounded or focused?



## **What I'm Learning About Myself**

This week, I've noticed:

One belief I'm challenging is:

I'm proud of myself for:

A reminder I want to carry with me:

## **Gratitude Corner**

Today I'm thankful for:

1.

2.

3.

A small joy I experienced:

Someone or something that made me smile:

A moment I want to remember:

