



Reflect on Your Highs and Lows

Regular journaling provides an array of benefits, from reducing stress and boosting wellbeing to sparking self-discovery. Consider setting aside a few minutes each day to answer the prompts below, which will help you better understand...

- ♥ *Your prioritized core values that you live by and want to live by going forward.*
- ♥ *Your personal source of long-term resilience.*
- ♥ *And actionable changes you can make in your daily life.*

What were your **highs** of the day? Brainstorm a list of happy moments.



What were **lows** of the day? Brainstorm a list of your least happy moments.



What **values** were present or painfully absent from each event?
Which helped you hit your highs and overcome the lows?



The **me**: How have these values changed since your last entry?
How do you live them today? How could you live them more in your life?



The **we**: How do these values align with the important people in your communities?



What have you learned about your **me** and **we** today?
What might you start reframing and doing differently tomorrow?

