OneQuest

Daily Reflection Journal

Name: _____

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Daily Reflection – Morning

Today I am grateful for these three things...
1.
2.
3.

Date:

Time:

Mood:

What would make *Today* great and why?

_____

_____

_____

_____

What are my goals for *Today?*

_____

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_____

What is my 1% for *Today?*

_____

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_____

Today I will remember to.

_____

_____

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_____

OneQuest

Daily Reflection - Afternoon

What could I improve from *Today?*

_____

_____

_____

Date: _____

Time: _____

Mood: _____

What did I achieve *Today?*

_____

_____

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What have I learnt from *Today?*

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_____

Today this thing made me happy:

_____

_____

_____

_____

Today I discovered this about myself:

_____

_____

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OneQuest

Discover Your Purpose and Motivation

OneQuest

We've designed this resource to help our OneQuest community discover their life purpose and motivation. If you're already clear on yours, it may still offer prompts to highlight areas where you can improve.

While there are many tools available, this one may not cover every aspect of life. However, we hope you find it valuable and enjoy the process.

Tip 1: Set a monthly calendar reminder to revisit this tool. Reflecting on your goals regularly increases the chances of achieving them.

Tip 2: Once you have a clear purpose, regularly review your progress. Remember, change requires time, consistency, and effort. Small daily improvements will move you closer to your goals.

What do I want to achieve with this journal?

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