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*Registered Social Worker * Compassion Fatigue Specialist*

Daily Reflection

Date: _____

Today I...

(List your main activities and experiences)

I made a step toward personal growth by...

(Don't worry if it seems small. Was there a coping skill you learned/tried or something you learned about yourself?)

I've been thinking about...

Questions or things I want to remember to do...

Soothing words of support for myself:
