



DREAM
SEEDS[®]

**DAILY
REFLECTION
BINGO**



DAILY REFLECTION BINGO

INSTRUCTIONS

Keeping a journal is a great way to reflect about your day and what happened, as well as record memories so you don't forget the awesome things that happen. Whilst you are at home, try keeping a journal – find an old exercise book and write in it at the end of each day. The prompts below will help you with what you can write about, you can use more than one and you can use the same prompt every time you write if you like!

In the future it is nice to be able to go back and read about what you were doing at that time.

The most awesome part of my day was...	Something fun I did today was...	I connected with someone today and it was...	One thing I look forward to doing at the end of the day is...
My 3 moments of awesome were...	Today I felt...	3 things I am grateful for...	The things that make me feel good are...
5 positive words that I would use to describe myself are...	3 ways I can have a positive impact on someone are...	Someone I look up to is... because...	Something that made me laugh today was...
My role model is... because...	3 of my proudest moments are...	The best thing I did for me today was...	3 things I am going to complete tomorrow...