

● LIFE PLANNING · REFLECTIONS

Daily & Weekly Reflection Worksheet

A few minutes that turn your days into progress.

A guided worksheet from VoiceFirstPlanner

FREE

DAILY · 2 MINUTES

End the day a little wiser.

Five quick prompts. Same time each day. Out loud is fine.

What went well today?

Name it — and why it worked.

What got in the way?

No blame; just notice it.

What did I learn?

One thing, however small.

The one thing that matters most tomorrow?

Decide it now.

What am I grateful for?

End on this.

WEEKLY · 10 MINUTES

Look back, then set the week ahead.

A slightly longer review, once a week.

Biggest win this week?

What are you proud of?

What did I keep avoiding?

The thing that kept slipping.

Did my goals actually move?

Honestly.

What will I do differently next week?

One change.

Reflect by voice — no typing, no friction.

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