



Seva Mandal Education Society's  
Smt. Maniben. M. P. Shah Women's College of Arts and Commerce. (Autonomous)  
Department of Psychology  
Samvedana Counselling Cell

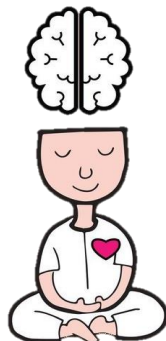
**Greetings!**

**Today's Activity is on 'SELF-REFLECTION'**

**During this Quarantine, Often we are caught up in the troubles or busy-ness of our daily lives. Sometimes, the day may end without you even realising it. This can overwhelm us sometimes. But if we take a minute to step back, and reflect on ourselves- Our day, it can calm us down and lower our stress levels. If you reflect on the things you did in a day, it allows you to celebrate every little success. It allows you to realize how much you've done right, the good things you've done and what more you can do.**

**Without reflection, it's too easy to forget these things, and focus instead on the negatives.**

**So today's activity is for us to Reflect on our day with the help of the prompts listed below.**



**An Initiative by Principal, Dr. Leena Raje**

# 10 MINUTES TO REFLECT ON YOUR DAY

\_\_\_\_\_ Date:

The first three things you did this morning:

---

---

---

One step you took toward one of your goals:

The last three things you'll probably do tonight:

---

---

---

One story or bit of information you saw or heard today that you don't want to forget:

References:

Song, C. (2018, February 6). Why You Should Reflect on Your Day Every Day. Retrieved from <https://inkandvolt.com/blogs/articles/why-you-should-reflect-on-your-day-every-day>

Zimmer, C. (n.d.). Reflect On Your Day (2) Printable Journal Page. Retrieved from <https://www.christiezimmer.com/10-minute-journal-pages-shop/10-minutes-to-reflect-on-your-day-2>