

# Daily Reflect



- How did today go?
- What went well?
- Did anything go wrong? If so how can I adjust?
- What was the best moment of the day?
- Did I start my day with God?
- What do I have coming tomorrow?
- Can I do anything now to make tomorrow better?

# Weekly Reflect

- How did this week go?
- What went well?
- Did anything go wrong? If so how can I adjust next week?
- What was the best moment of the week?
- Did I spend time with God?
- What do I have coming next week?
- What can I do to prepare for it?
- Did I spend time with my spouse intentionally?
- Can I do anything now to make next week better?

# Monthly or Quarterly

# Reflect



- How has the month/quarter gone?
- Am I doing the things I set out to do at the beginning of the month/quarter?
- What was my biggest win?
- What was my lowest low?
- What or who needs my attention?
- Am I spending time with God and intentional with Him?
- Is there anything He has asked me to do that I am not doing?
- Am I being the wife, mom, friend I want to be?
- Have I had intentional time with my spouse, kids, friends this month/quarter?
- What do I have coming next month/quarter?
- What can I do today that can help me prepare for next month/quarter?