



Daily Reflection Journal Page

A simple way to come back to yourself—one day at a time

Use this page each day to check in—not just with what you did, but how you lived today. You don't need long answers. Just honest ones. Some days will feel strong. Some days will feel off. Both are part of your comeback.

Today's Check-In Date: _____

How am I feeling today? (Physically, emotionally, mentally—be honest, not perfect)

What gave me energy today? (What lifted me, fueled me, or made me feel more alive?)

What drained my energy today? (People, thoughts, habits, situations—just notice)

Where did I experience true joy today? (Even small—laughter, connection, peace, excitement)



Where did I say YES instead of NO? (Where did I show up, lean in, or participate in my life?)

Where did I put myself out there? (Tried something, spoke up, reached out, showed courage)

One thing I did today that supported my comeback. (Movement, food, mindset, connection)

One thing I'm proud of today.

A challenge I faced today.

What did this challenge teach me?

Three things I'm grateful for today

1.

2.

3.



How did I move my body today?

One small thing I will do tomorrow to support my comeback.

Today's affirmation or intention.

A reminder to myself.

Progress over perfection.
Consistency over extremes.
Every small step counts.

And most importantly... I am not watching my life. I am living it.

Want to track my progress? I'll be documenting my changes on YouTube [@comebackover50](#), so like, share and subscribe to my channel.