

# St. John's Reflective Journal

| Monday   | Tuesday   | Wednesday  | Thursday                                      | Friday   |
|--|---|--|---|--|
| I am...  | I am...   | I am...  | I am...                                       | I am...  |
| 1. What is your favourite thing to do?                 | 1. Which celebrity would you like to interview?                         | 1. What's a political issue that interests you? Why?                     | 1. How did you start your day?                | 1. What's your favourite way to relax on a weekend?                                |
| 2. What is your favourite meal?                        | 2. Who would you trade places with for just one day?                    | 2. What's the most creative thing you have done recently?                | 2. What song have you got stuck in your head? | 2. What was your favourite day this week?  |
| 3. What's your secret hobby?                           | 3. What could you do today to make someone's life a little better?      | 3. If you didn't have any responsibilities for today, what would you do? | 3. Where would you like to go next?           | 3. If you could acquire a new talent – without any extra effort- what would it be? |
| 4. If you could have one superpower, what would it be? | 4. What is your biggest achievement?                                    | 4. Who do you miss the most right now?                                   | 4. What makes a good friend? Why?             | 4. What motivated you today?   |
| 5. What new skill would you like to learn this year?   | 5. If you could go back in time and change something, what would it be? | 5. What do you feel grateful for today?                                  | 5. Do you need a break? From what?            | 5. What do you hope for in the new week?   |