

DAILY PERSONAL INVENTORY



Name the thoughts and feelings in your day or a particular situation. Use sections as they are helpful to you being as brief or detailed as you would like.

RIGHT NOW I AM

check all that resonate or add your own

- angry
- sad
- tired
- hungry
- grateful
- content
- joyful
- exhausted
- checked-out
- fearful
- proud
- overwhelmed
- unfocused
- loved
- uncertain
- hopeful
- agitated
- irritable
- over-stimulated
- energized
- focused
- other:

CONNECT

Who could you follow up with after this reflection?



REFLECT ON TODAY

Challenges :

Joys & good moments :

Grace for myself : looks like

Grace for others : looks like



FOCUSING IN

Underline a feeling above and complete the prompts below

I think I feel this way because :

How I usually respond/cope :

How I would like to respond/cope :

A healthy way to process this could be :

Is there an action step you need to take?

Yes No

If Yes, note what and a target date for taking that action



PRAYER

Becoming aware of God with you in all you have have named.

Notice and become aware of your body. Are there places of tension or discomfort? Where?

What concerns/worries/messages are dominating your thought life? What have been the narratives of your internal self-talk?

Spend a few minutes inviting Christ into those places and narratives. In pace with your breath say, "Welcome, Jesus, Welcome."