RESILIENT REFLECTIONS

JOURNALING WORKSHEETS FOR MEN

Daily Reflection

> MORNING FOCUS:

What is one thing you want to focus on today?	What is one positive affirmation to guide your day?

GRATITUDE:

List three things you are grateful for today.

> EVENING REFLECTION:

What was the highlight of your day?

What challenges did you face, and how did you overcome them?

What did you learn about yourself today?

Goal Setting

IDENTIFY YOUR GOALS:

What are your top 3 goals for the next month?	What are your top 3 long-term goals?

> ACTION PLAN:

What steps will you take to achieve these goals?	What potential obstacles might you face, and how will you overcome them?

ACCOUNTABILITY:

How will you hold yourself accountable for these goals?

Self-Discovery

> PERSONAL VALUES:

What are the top 5 values that guide your life?

STRENGTHS AND TALENTS:

What are your greatest strengths?

How do these strengths show up in your life?



> AREAS FOR GROWTH:

What are 3 areas you want to improve or develop?	What steps will you take to work on these areas?

Stress and Resilience

DENTIFYING STRESSORS:

What are the main sources of stress in your life right now?	How does this stress affect you physically, mentally, and emotionally?

> COPING STRATEGIES:

What strategies do you currently use to manage stress? What new strategies could you try to better manage stress?

BUILDING RESILIENCE:

Reflect on past experiences where you overcame challenges. How can you apply those lessons to your current situation?

Relationships & Communication

RELATIONSHIP REFLECTION:

Which relationships are most important to you right now?	What are the strengths and challenges in these relationships?

> IMPROVING COMMUNICATION:

What are your communication strengths?	What are areas where you could improve?

ACTION PLAN:

Set a goal for improving communication in one key relationship.	What specific actions will you take to achieve this goal?

Health and Wellness

> PHYSICAL HEALTH GOALS:

What steps will you take to achieve these goals?

> MENTAL AND EMOTIONAL HEALTH:

How do you currently take care of your mental and emotional well-being?	What new practices can you incorporate to improve your mental and emotional health?

WELLNESS ROUTINE:

Create a daily or weekly wellness routine that includes physical, mental, and emotional health practices.

PROGRESS TRACKING:

How will you track your progress in	
health and wellness?	

What milestones will you celebrate, and how?

Career and Purpose

> CAREER REFLECTION:

What do you enjoy most about your current job or career?

What aspects of your career would you like to change or improve?

> PURPOSE AND FULFILLMENT:

How does your current career align with your life purpose?	What steps can you take to make your career more fulfilling?

LONG-TERM CAREER GOALS:

What are your long-term career aspirations?	What actions will you take to achieve these goals?

Personal Growth

> REFLECTION ON GROWTH:

What personal growth have you experienced in the past year?	What has contributed to this growth?

(>) AREAS FOR FURTHER GROWTH:

What areas of your life would you like to grow in?	What steps will you take to facilitate this growth?

SUCCESSES AND CHALLENGES:

What successes have you had recently? How did you achieve them?	What challenges have you faced, and what have you learned from them?

