

Reflection Sheet

Sunday:

What did you do today academically?

What did you do for yourself today? (Not academics)

On a scale of 1-10, how would you rate your productivity today? 1 being the least productive and 10 being the most productive.

1 2 3 4 5 6 7 8 9 10

What do you wish to accomplish tomorrow?

Monday:

What did you do today academically?

What did you do for yourself today? (Not academics)

On a scale of 1-10, how would you rate your productivity today? 1 being the least productive and 10 being the most productive.

1 2 3 4 5 6 7 8 9 10

What do you wish to accomplish tomorrow?

Tuesday:

What did you do today academically?

What did you do for yourself today? (Not academics)

On a scale of 1-10, how would you rate your productivity today? 1 being the least productive and 10 being the most productive.

1 2 3 4 5 6 7 8 9 10

What do you wish to accomplish tomorrow?

Wednesday:

What did you do today academically?

What did you do for yourself today? (Not academics)

On a scale of 1-10, how would you rate your productivity today? 1 being the least productive and 10 being the most productive.

1 2 3 4 5 6 7 8 9 10

What do you wish to accomplish tomorrow?

Thursday:

What did you do today academically?

What did you do for yourself today? (Not academics)

On a scale of 1-10, how would you rate your productivity today? 1 being the least productive and 10 being the most productive.

1 2 3 4 5 6 7 8 9 10

What do you wish to accomplish tomorrow?

Friday:

What did you do today academically?

What did you do for yourself today? (Not academics)

On a scale of 1-10, how would you rate your productivity today? 1 being the least productive and 10 being the most productive.

1 2 3 4 5 6 7 8 9 10

What do you wish to accomplish tomorrow?

Saturday:

What did you do today academically?

What did you do for yourself today? (Not academics)

On a scale of 1-10, how would you rate your productivity today? 1 being the least productive and 10 being the most productive.

1 2 3 4 5 6 7 8 9 10

What do you wish to accomplish tomorrow?

