



# DAILY SELF-EVALUATION

Ask yourself at the end of each day:

What strengths did I show today? \_\_\_\_\_

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What were my challenges? \_\_\_\_\_

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Have I been honest with myself? \_\_\_\_\_

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How did I feel about myself today? \_\_\_\_\_

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What did I close today? \_\_\_\_\_

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What fear did I face today? \_\_\_\_\_

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Did I avoid assumptions today? \_\_\_\_\_

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Was I able to avoid people-pleasing behaviors? \_\_\_\_\_

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What decisions did I make on my own? \_\_\_\_\_

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If I earned reinforcement, did I give it to myself? \_\_\_\_\_

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