

date: _____

m t w t h f s s n

quality of the work day 1 2 3 4 5 6 7 8 9 10

general reflections

did you have what you needed to start your work in a healthy place?

was it reasonable to achieve what you set out to achieve today?

were there barriers to feeling your best about your work?

what is something you'd like your colleagues to know about today?

what is something you'd like your leadership to know about today?

what kinds of support would be helpful moving forward?

are there things you can control that will improve your next working day?

are there changes leadership can make that will improve your next working day?

current mood:

happy joyful excited satisfied sad
angry tired disappointed scared
worried disgusted apathetic

something else:
