

CareerShodh Presents



# Reflection Journal

*2024 Edition*

THIS BOOK  
BELONGS TO:

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How are you  
*feeling* today?

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Things you are  
*grateful* for :

1. 

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2. 

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3. 

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Today's  
affirmations :

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My mood today is...

- Calm
- Rested
- Creative
- Happy
- Angry
- Sad
- Anxious
- Playful
- \_\_\_\_\_

















Thanks for journaling with us! Remember, your journey doesn't stop here—keep writing, reflecting, and growing.

Want more tips, prompts, and inspiration? Follow us on social media and stay connected with our community!

**Follow us on Instagram: @careershodh**

**Visit our website for more resources:  
[www.careershodh.com](http://www.careershodh.com) or [PsychUniverse.com](http://PsychUniverse.com)**

We'd love to hear from you—tag us in your journaling journey and let's keep the conversation going!

