

DAILY REFLECTION CHART (SAMPLE)

	DAY	READ LESSON	REFLECTED	LIFE ASSIGNMENT	
1	X	X	X	X	<i>When I look at things as an adventure, I suffer less.</i>
2	X	X	X	X	<i>I have desires all the time ... I just never take the time to notice them!</i>
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					