



SELF-REFLECTION SERIES

CHECK IN

Daily Reflection



What did you accomplish today?



How do you feel about what you've accomplished?



What was the most important thing you learned today?



What was something you already knew that was reinforced today?



What do you need to learn more about?



What are you most interested in learning about next?



Reference:
<https://www.edutopia.org/article/treating-reflection-habit-not-event>

 <https://ecampusontario.pressbooks.pub/paths/>