Date With My Soul

A Gentle Self-Reflection Exercise

Before You Begin:

Name : _____
Mood : _____
Need : _____
Date : _____

Check-in:

One word for right now

Instructions: Choose a prompt, check in gently, and write without judging yourself.

Reflection Prompts

1. What am I feeling right now?
   - ◯ Calm
   - ◯ Anxious
   - ◯ Hopeful
   - ◯ Unsure

2. How strong is this feeling (1–4)?
   - ◯ 1
   - ◯ 2
   - ◯ 3
   - ◯ 4

3. What has been weighing on me?
   - ◯ Busy days
   - ◯ Saying yes
   - ◯ No clear plan
   - ◯ Feeling unseen

4. What could help me feel supported?
   - ◯ Giant star
   - ◯ Rest
   - ◯ Reach out
   - ◯ Set limits

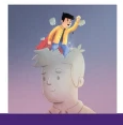
5. What kind words do I need?
   - ◯ Pause
   - ◯ I matter
   - ◯ Ask help
   - ◯ One step

6. What is one kind next step?
   - ◯ Take a walk
   - ◯ Set one boundary
   - ◯ Write it down
   - ◯ Reach out

Thoughts & **feelings:**

Initial here: _____

Example: I feel overloaded.
Solution: Pause, name one need:
Ask for help. Initial here: _____



Bposi+ive Life