



Seva Mandal Education Society's
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Department of Psychology
Samvedana Counselling Cell

Greetings!

Today's Activity is on 'SELF-REFLECTION'

During this Quarantine, Often we are caught up in the troubles or busy-ness of our daily lives. Sometimes, the day may end without you even realising it. This can overwhelm us sometimes. But if we take a minute to step back, and reflect on ourselves- Our day, it can calm us down and lower our stress levels. If you reflect on the things you did in a day, it allows you to celebrate every little success. It allows you to realize how much you've done right, the good things you've done and what more you can do.

Without reflection, it's too easy to forget these things, and focus instead on the negatives.

So today's activity is for us to Reflect on our day with the help of the prompts listed below.



An Initiative by Principal, Dr. Leena Raje

10 MINUTES TO REFLECT ON YOUR DAY

_____ Date:

The first three things you
did this morning:

One step you took toward one of your goals:

The last three things you'll
probably do tonight:

One story or bit of information you saw or
heard today that you don't want to forget: