

# Reflection Journal Template: Breaking the Spell

*Supporting your journey of awareness and gentle curiosity.*

## Daily Awareness Prompts

1. **What led me to play today?** (e.g., feelings, thoughts, or situations)
2. **How did I feel before I started?** (e.g., anxious, excited, neutral)
3. **What emotions came up while playing?** (e.g., joy, frustration, hopefulness)
4. **What did I notice about my patterns today?**

## Mood Tracker

*Circle or highlight your feelings for the day:*

- Energized
- Neutral
- Tired
- Anxious
- Relieved
- Other: \_\_\_\_\_

*Optional:* Use a 1–10 scale to rate your emotional intensity.

## Patterns Page

*Log moments or habits that stood out to you this week. Date:* \_\_\_\_\_

- **Trigger/Thought:** What made me want to play?
- **Action:** How did I respond?
- **Feeling Afterward:** What lingered after I stopped?

## Reflection Space

*Dot down anything else that feels important.*

- A realization I had today: \_\_\_\_\_
- One thing I'm proud of: \_\_\_\_\_
- A question I want to explore next: \_\_\_\_\_

### **Weekly Wrap-Up**

1. One recurring pattern I noticed: \_\_\_\_\_
2. An emotion I felt often this week: \_\_\_\_\_
3. A small win I want to celebrate: \_\_\_\_\_