

**Questions you can't ask yourself to support your reflective writing**

**Source: [25 Self-Reflection Questions: Why Introspection Is Important](#)**

Daily self-reflection

Conducting daily self-reflection can deepen your self-awareness, highlight areas for growth, and encourage a more intentional approach to life (Carden et al., 2022). Here are five prompts to ask yourself at the end of each day to support a [growth mindset](#).

1. What went well today, and what am I grateful for?
2. Were there any challenges, and how did I handle them?
3. What emotions did I experience most strongly today, and why?
4. Did my actions align with my values and goals today?
5. Is there anything I would do differently tomorrow to grow or improve?

**You might like to have a read through the University of Edinburgh's Reflection Toolkit in readiness for Week 2:**

[Gibbs' Reflective Cycle](#) | [Reflection Toolkit](#) | [Reflection Toolkit](#)