Reflection Journal

WHOLE EARTH GIFTS

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DATE RANGE: FROM _____ TO _____

This journal is for the end of the day. The boxes at the top of each row are about the rest of your life, not about kratom. Tick the ones that were true for the day you have just had. Then use the lines for everything else. Write about how you ate, how you slept, whether you drank enough water, whether you moved your body, and what your stress was like. Write about your use as well. If you planned a day without kratom and it did not hold, write that down. If you planned a rotation and walked away from it, write that down. If you had more than you meant to, write that down first. Nobody reads this page but you, and it is worth more when it is honest than when it is tidy.

MONDAY – ATE WELL ☐ HYDRATED ☐ SLEPT WELL ☐ MOVED ☐ NON-USE DAY ☐

TUESDAY – ATE WELL ☐ HYDRATED ☐ SLEPT WELL ☐ MOVED ☐ NON-USE DAY ☐

WEDNESDAY – ATE WELL ☐ HYDRATED ☐ SLEPT WELL ☐ MOVED ☐ NON-USE DAY ☐

THURSDAY – ATE WELL ☐ HYDRATED ☐ SLEPT WELL ☐ MOVED ☐ NON-USE DAY ☐

FRIDAY – ATE WELL ☐ HYDRATED ☐ SLEPT WELL ☐ MOVED ☐ NON-USE DAY ☐

SATURDAY – ATE WELL ☐ HYDRATED ☐ SLEPT WELL ☐ MOVED ☐ NON-USE DAY ☐

SUNDAY – ATE WELL ☐ HYDRATED ☐ SLEPT WELL ☐ MOVED ☐ NON-USE DAY ☐

This sheet is not meant to be used forever. It's offered simply to make a pattern visible while you are still learning to see it. Once you can see it without the sheet, you'll no longer need it.