



## Chapter 11: Living With Purpose

# DAILY REFLECTION JOURNAL

INSTRUCTIONS: This checklist helps you identify and implement practical ways to live out your faith in your work, family, and community.

*Please ensure your responses fit within the text box provided.*

### Section 1: Date & Theme

Date

Daily Focus or Scripture Inspiration

### Section 2: Daily Reflection Prompts

Key Moments Today: What were the most significant moments of your day?

Reflecting Christ's Love: How did your choices or interactions reflect Christ's love?

Challenges and Growth Areas: Were there moments where you struggled to live according to your faith?

Gratitude and Blessings: What are you grateful for today?

Action for Tomorrow: Based on today's reflection, what is one thing you will focus on tomorrow?

### Section 3: Evening Prayer

Write a prayer to conclude your day: Heavenly Father...

Amen.

### Section 4: Weekly Summary

At the end of the week, review your reflections:

Biggest Spiritual Growth This Week:

Key Challenges Overcome:

New Goals for Next Week: