

# DIARY STUDIES

## How did you feel this week?

Pick an emotion below or come up with your own...

- |          |             |
|----------|-------------|
| Prepared | Frustrated  |
| Proud    | Overwhelmed |
| Stressed | Empowered   |
| Confused | Happy       |
| Grateful | Unmotivated |

Name:

Date:

Use the space below to write your first diary entry! Use the prompts at the side to give you an idea of what to write. These do not need to be followed in a particular order.

The more time you spend intentionally reflecting on experiences you have had, the more naturally you will be able to record thoughts and feelings.

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### What did you do this week, and how did it go?

Write about your wins, challenges you have faced and overcome, issues or barriers you have noticed.

### What did you learn?

What stood out in your research? Has the past week led you to learn something about your team or yourself?

