



JOURNAL REFLECTION

End of Day Reflection

Honoring All You've Done & All You Are

Working in healthcare, sometimes it can be difficult to feel a sense of accomplishment at the end of the day. Just as soon as one patient feels better and discharges, the bed is filled again with another individual needing care and attention. With the sheer volume of people admitted to hospitals and care facilities, it can be hard to feel like the long hours we put into our work is making any impact.

Over time, this can lead us to feel discouraged, fatigued, and even a little helpless. The journal prompt provided below can help us shift this perspective in a positive way. By recognizing all that we are able to do, no matter how small the act, we can see more clearly the difference we are making each and every day. And by identifying the innate strengths and qualities that enable us to complete those tasks, we can see that the real impact we have comes, not just from what we do, but who we are.

Journal Prompt

Left Column:

Think back over your day and list out what you did from start to finish. Some big moments may come to mind first like giving a case presentation in a team meeting or walking a patient through what to expect in a procedure. Try to remember the small moments too, such as a pleasant conversation with a co-worker, saying thank you to the cafeteria attendant, or even simply waking up and preparing for your work day.

Right Column:

Read over the list of all you did today. With each item, try to identify the innate strength or quality that enabled you to complete the task or perform the action. For example, giving a case presentation takes **wisdom, experience, intelligence, and confidence**. Joking with a co-worker takes **humor, friendliness, and openness**. Saying thank you or holding a patient's hand demonstrates **kindness and compassion**. Simply waking up and doing it all over again takes **strength, passion, and perseverance**.

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Closing Thoughts

Look back over both of your lists. How does it feel to see all you did in a day? How does it feel to recognize the strengths and qualities that enable you to do your work? What do you need to care for yourself here at the end of the work day?

When feeling stressed, exhausted, or overwhelmed, it is common to only see the negative aspects of our days. We tend to focus only on what is going wrong. This is why it is so important to take a moment to intentionally recognize positive aspects of our experience. By honoring all we are able to do in a day as well as all the strengths and qualities that we innately possess, we begin to bring in a more balanced perspective that can bring us reassurance and even renewed energy and motivation.