

One Week “Good Work Journal” Worksheet

Use this worksheet to reflect on your day and your week and ask yourself three questions: What did I learn? What did I initiate? and Who did I help? Research shows that “noticing” these things will help you get more out of work and increase your engagement on the job. Try to have at least one entry a day.

Date	What did I learn?	What did I initiate?	Who did I help?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Bonus Day			
Bonus Day			