



Daily Debriefing Guide

In the midst of challenging and changing circumstances, it is helpful to pause and understand how your experiences are shaping you as well as how to move forward well. Use these questions as often as you need to process your experiences. Ask Him to guide you each time you explore the following questions.

What happened today?

How did I respond? What thoughts did I have?

What impact did today's events have on me? What emotions did I experience? What perceptions were shaped?

What, if anything, do I need to do to maintain well-being?

How do I want to respond in similar situations in the future?

With whom can I share this story and conclusion?