

Reflecting on Past Decisions Journal Template

Here's a **Journal Template to Reflect on Past Decisions** and explore how those decisions may still be influencing your emotional state and daily life. This exercise is gentle but deep, designed to foster healing, understanding, and forward movement.

Date:

Time of Entry:

1. The Decision I'm Reflecting On

Choose a decision that feels unresolved, emotionally charged, or significant in some way.

- What was the decision? *E.g., Leaving a job, ending a relationship, not speaking up, moving away, staying in a situation too long, choosing a certain path.*

- When did I make it?

- Why did I make it at the time (what was I thinking/feeling/trying to protect or achieve)?

2. How Did This Decision Affect Me at the Time?

- Immediate emotional impact:

- What changed in my life afterward?

- What I gained (if anything):

- What I lost or let go of:

3. What Am I Still Carrying From This Decision?

Explore how the decision may still linger or influence your present life.

- Emotions that still come up when I think about it: *E.g., Regret, shame, grief, guilt, relief, pride, confusion, etc.*
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- Current behaviours or thought patterns shaped by that choice: *E.G., Avoiding risk? Overcompensating? People-pleasing? Not trusting yourself?*
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- Ways it may still affect my relationships, work, or self-worth:
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4. Was I Doing the Best I Could at the Time?

Compassionately revisit your mindset and context.

- What resources (emotional, mental, financial, relational) did I have access to then?
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- What did I not know or understand yet?
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- If I were comforting a friend who made the same choice, what would I say to them?
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5. What Meaning or Insight Can I Take From This?

Begin transforming regret or confusion into understanding.

- What have I learned about myself from this?
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- How has it shaped who I am today (positively or negatively)?
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- What would I do differently now, and why?
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6. What Needs to Be Released or Forgiven?

Give yourself permission to let go or shift your relationship with the past.

- Resentments I hold (toward self or others):

- Parts of the story I may be clinging to:

- What I am ready to forgive (if anything):

- A sentence of release or closure I want to write: *E.g., "I release the version of me who didn't know better." "I forgive myself for surviving the best way I could."*

7. How Can I Support Myself Moving Forward?

Focus on integrating insight into daily life and self-trust.

- A boundary I want to hold moving forward:

- A reminder I want to keep for future decision-making: *E.g., "I can pause before saying yes." "I don't owe anyone self-abandonment."*

- One act of self-kindness I can take this week:

Closing Reflection or Affirmation

End with a grounding thought, feeling, or commitment to self.

Examples: "I am still learning." "I am not defined by one decision." "I trust myself more now."
