

A NURSE LIKE ME JOURNAL

*Excellence in nursing starts
with me*



Nursing Reflection Journal

WELCOME TO YOUR REFLECTION JOURNAL - YOUR
SPACE TO PAUSE, REFLECT, AND GROW IN YOUR
NURSING JOURNEY.

REGULAR SELF-REFLECTION DEEPENS YOUR EMPATHY,
STRENGTHENS ACCOUNTABILITY, AND ELEVATES YOUR
PROFESSIONALISM.

"THE CHARACTER OF A NURSE IS AS IMPORTANT AS THE
KNOWLEDGE SHE POSSESSES."

CAROLYN JARVIS

JOURNAL ENTRY DATE:

WEEK 1

DESCRIBE ONE PATIENT INTERACTION THIS WEEK THAT MADE YOU FEEL PROUD OF YOUR NURSING PRACTICE.

IDENTIFY A MOMENT THIS WEEK WHERE YOU COULD HAVE SHOWN MORE EMPATHY. WHAT COULD YOU HAVE DONE DIFFERENTLY?

REFLECT ON AN AREA OF ACCOUNTABILITY WHERE YOU SUCCEEDED OR FACED CHALLENGES. WHAT DID YOU LEARN?

JOURNAL ENTRY DATE:

WEEK 1

WHAT NEW INSIGHT DID YOU GAIN ABOUT YOURSELF AS A NURSE THIS WEEK?

WHAT IS ONE PROFESSIONAL GOAL YOU HAVE FOR NEXT WEEK?



**“Nursing is not only about saving lives; it’s about touching hearts.”
— Anonymous**

JOURNAL ENTRY DATE:

WEEK 2

DESCRIBE ONE PATIENT INTERACTION THIS WEEK THAT MADE YOU FEEL PROUD OF YOUR NURSING PRACTICE

IDENTIFY A MOMENT THIS WEEK WHERE YOU COULD HAVE SHOWN MORE EMPATHY. WHAT COULD YOU HAVE DONE DIFFERENTLY?

REFLECT ON AN AREA OF ACCOUNTABILITY WHERE YOU SUCCEEDED OR FACED CHALLENGES. WHAT DID YOU LEARN?

JOURNAL ENTRY DATE:

WEEK 2

WHAT NEW INSIGHT DID YOU GAIN ABOUT YOURSELF AS A NURSE THIS WEEK?

WHAT IS ONE PROFESSIONAL GOAL YOU HAVE FOR NEXT WEEK?



**“Your compassion today
shapes someone’s
tomorrow.”
– A Nurse Like Me**

JOURNAL ENTRY DATE:

WEEK 3

DESCRIBE ONE PATIENT INTERACTION THIS WEEK THAT MADE YOU FEEL PROUD OF YOUR NURSING PRACTICE.

IDENTIFY A MOMENT THIS WEEK WHERE YOU COULD HAVE SHOWN MORE EMPATHY. WHAT COULD YOU HAVE DONE DIFFERENTLY?

REFLECT ON AN AREA OF ACCOUNTABILITY WHERE YOU SUCCEEDED OR FACED CHALLENGES. WHAT DID YOU LEARN?

JOURNAL ENTRY DATE:

WEEK 3

WHAT NEW INSIGHT DID YOU GAIN ABOUT YOURSELF AS A NURSE THIS WEEK?

WHAT IS ONE PROFESSIONAL GOAL YOU HAVE FOR NEXT WEEK?

You are doing
★ GREAT! ★

“Nurses are the heart of healthcare; empathy is their pulse.”

— Anonymous

JOURNAL ENTRY DATE:

WEEK 4

DESCRIBE ONE PATIENT INTERACTION THIS WEEK THAT MADE YOU FEEL PROUD OF YOUR NURSING PRACTICE.

IDENTIFY A MOMENT THIS WEEK WHERE YOU COULD HAVE SHOWN MORE EMPATHY. WHAT COULD YOU HAVE DONE DIFFERENTLY?

WHAT NEW INSIGHT DID YOU GAIN ABOUT YOURSELF AS A NURSE THIS WEEK?

JOURNAL ENTRY DATE:

WEEK 4

WHAT IS ONE PROFESSIONAL GOAL YOU HAVE FOR NEXT WEEK?



**“Care for one, that's
love. Care for
hundreds, that's
nursing.”
— Anonymous**

JOURNAL ENTRY DATE:

WEEK 4

Monthly Growth Check-In

WHAT ARE YOUR PROFESSIONAL HIGHLIGHTS THIS MONTH?

WHICH NURSING SKILL DID YOU IMPROVE OR WANT TO IMPROVE NEXT MONTH?

HOW DID YOUR REFLECTIONS THIS MONTH INFLUENCE YOUR PRACTICE?



**for completing your monthly
journal.**



A NURSE[®]
LIKE ME
EXCELLENCE IN NURSING STARTS ME

JOURNAL 2025