

# Psychological Stability and Purpose Reflection Log

*Roles & Responsibilities — Subsection 4.1*

## Section 1 — Log

Date	Task Experience	Emotional Reaction	Reflection

## Section 2 — Checklist

☐ I feel useful

☐ I understand my purpose

☐ My role supports stability

☐ I may need adjustment

## Section 3 — Notes

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