Subsection 4.2 — Psychological, Morale & Purpose Reflection Journal

Section	<u>1</u>	—	Log	Table

Task	Assigned To	Status	Notes	

Section 2 — Core Duties & Responsibilities

- Reflect on emotional strain or growth.
- Record moments of purpose or frustration.
- Identify morale needs for household.
- Set intentions for coming week.

Section 3 — Notes							
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