



Weekly Reflection

Close the week gently. Notice what happened before rushing into what's next.

■ Look back

The best part of this week was...

Something difficult I handled was...

Something I learned was...

■■ What drained me?

What used too much of my energy?

What could I change, reduce, or accept?

■ What gave me energy?

A moment I want to remember...

Something I want more of next week...

■ Carry forward

One thing I am leaving behind...

One thing I am carrying forward...

My intention for next week...