

WEEKLY REFLECTIONS

DATE:

THINGS THAT I AM MOST GRATEFUL THIS WEEK

THANKFUL THOUGHTS

GOALS FOR NEXT WEEK ✓

WEEKLY WINS

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HAVE I FULFILLED MOST OF MY TASKS?

☐ — ☐ — ☐ — ☐
NO YES

HOW HAVE I FELT THIS WEEK?

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GOOD NOT GOOD