

WEEKLY REFLECTIONS

WEEK:

MONTH:

YEAR:

THINGS THAT I AM MOST GRATEFUL THIS WEEK

WEEKLY WINS

GOALS FOR NEXT WEEK

ACCOMPLISHED GOALS

☐☐☐☐☐

HAVE I FULFILLED MOST OF MY HABITS?

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NO

MORE OR LESS

YES

HOW HAVE I FELT THIS WEEK?

☐☐☐☐

GOOD

NOT GOOD

☒ TO START ☒ OK ☐ DELAY ☐ STUCK ☐ CANCEL