

# Weekly Reflection

DATE

## THEME OF THE WEEK

What is the overarching theme that represents my past week?

## PERSONAL CHECK-IN

How did I feel? How was my energy, emotions, well-being?

## MY HIGHLIGHTS

What were 3 standout moments that I want to capture?

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## MY WINS

I'm proud to have accomplished...

## CHALLENGES

What are the challenges I faced this week?

## LESSONS LEARNED

The biggest lessons I am taking away from this week include...

## HOW CAN I IMPROVE?

What areas of my life do I want to focus on to improve and get closer to my goals?

## GOALS FOR NEXT WEEK

What are specific goals and focuses for the week ahead?

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## WRAPPING UP THE WEEK

Space for my thoughts, observations, notes to wrap up the week.