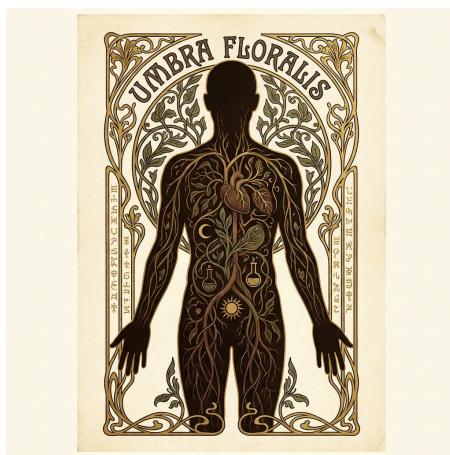


## Weekly Reflection Map

At the end of each week, take a moment to reflect on your journey. Where did the shadow show up most this week? What patterns are emerging?



### **Mark the figure above:**

- Draw STORMS where repeated triggers showed up
- Draw SUNBREAKS where you responded differently than before
- Draw NEW GROWTH where integration is taking root

### **Week of:**

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**BIGGEST INSIGHT THIS WEEK:**

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