

Week # \_\_\_\_ Reflection

Last week I built momentum:    disagree   -2   -1   0   +1   +2   agree

Notable achievements from last week include:

Lessons Learned From Last Week

Unfinished Business

I appreciate...

Visualize Your Week

Sketch a visual of your expectations for the week.

What do I need to prioritize for growth?

In the coming week, I'm eager to experience:

Goals for Week #                    /    / 20    →                    /    / 20

Habit	Target	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Tally

Goal 1

Goal 2

Goal 3

Goal 4

How can I find the most fulfillment in these areas?

Health

Connections

Enjoyment

Job