

# Printable Weekly Reflection Cards

## **Week 1 - Building Foundations**

- What concepts or skills did you find easiest to grasp this week? Why?
- What is one thing you struggled with that you want to revisit?
- How does what you've learned connect to your original learning goal?
- If you could explain one idea from this week to someone else, what would it be?

## **Week 2 - Applying Core Knowledge**

- What new connections did you make this week between topics or tasks?
- How did applying what you learned feel different than just learning it?
- What questions are you starting to form as the content gets deeper?
- How confident do you feel in what you've practiced so far?

## **Week 3 - Advancing Skills**

- What activity or challenge pushed you out of your comfort zone?
- Where did you notice improvement compared to Week 1?
- What knowledge or skill did you reinforce this week?
- Are you on track to complete your final project or goal? What's left to do?

## **Week 4 - Synthesizing and Reflecting**

- What are you most proud of accomplishing in the past 30 days?
- What would you tell someone starting this guide tomorrow?
- Which concepts do you want to continue exploring after this?
- How has your perspective on the subject changed since Day 1?