

WEEKLY REFLECTION

ONE WORD
TO DESCRIBE
THIS WEEK

THE MOST
IMPORTANT
THING THAT
HAPPENED
THIS WEEK

WHAT WENT
WELL THIS
WEEK

WHAT I FOUND
DIFFICULT
THIS WEEK

ONE
THING
I LEARNED
THIS WEEK

MY WELLBEING THIS WEEK

RATE EACH AREA FROM 1 - VERY LOW TO 10 - VERY GOOD.

PHYSICAL HEALTH:

ENERGY LEVELS:

MENTAL WELLBEING:

SOCIAL CONNECTION:

ONE THING I
AM GRATEFUL
FOR

MY MAIN
PRIORITY
FOR NEXT
WEEK

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