

Weekly Reflection

Name the week and revisit your previous chosen action, if any. Look back with curiosity: this is a chance to learn, not grade yourself.

1. What happened this week? Name one thing that worked, one challenge, and what you learned.

2. What helped you follow through? What got in the way that you can respond to differently?

3. Carry one lesson forward

Adjustment for next week

First action

Support or reminder

Review date