

# Weekly Reflection Template

Reflect, understand, and gently adjust the week ahead.

Week / Dates: \_\_\_\_\_

Keyword of the week: \_\_\_\_\_

## 01 What happened this week?

Record facts before judging.

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## 02 Three things I'm proud of

Small wins count.

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## 03 Most challenging moment

What happened? How did I respond?

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## 04 What I truly felt

Multiple or conflicting feelings are welcome.

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## 05 One thing I learned

About myself, relationships, or work.

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## 06 Three things I'm grateful for

People, opportunities, my body, or everyday life.

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## Weekly check-in

1 = very low    5 = very good

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|---------------|---|---|---|---|---|
| Energy        | 1 | 2 | 3 | 4 | 5 |
| Mood          | 1 | 2 | 3 | 4 | 5 |
| Focus         | 1 | 2 | 3 | 4 | 5 |
| Relationships | 1 | 2 | 3 | 4 | 5 |
| Rest          | 1 | 2 | 3 | 4 | 5 |

# Intentions for next week

Turn reflection into clear, doable choices that care for you.

## 07 How do I want to feel next week?

Not only what I want to finish, but how I want to live.

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## 08 My top three priorities

Fewer priorities create clarity.

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## 09 What am I willing to stop or reduce?

Make space for what matters.

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## 10 A boundary I need to set

With people, time, information, or work.

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## 11 Support I need

Who can I ask, and for what exactly?

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## 12 A note to my future self

A reminder, blessing, or commitment.

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