



Weekly Reflection

A GUIDE TO PERSONAL GROWTH THROUGH WEEKLY REFLECTIONS

Name: _____

Week of: _____

Weekly Check-In

How Did I feel overall this week?



- Calm
- Productive
- Stressed
- Overwhelmed
- Motivated
- Tired
- Balanced
- Other: _____



Energy Levels this week (Circle one):

Low – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – High

Wins & Progress

What went well this week?

What progress did I make?

Challenges & Lessons

What was challenging this week?

What did I learn from it?

Habits & Growth

What positive habits did I maintain?

What habits need more consistency?

Gratitude

List 3 things you're grateful for this week:

Self-Reflection

What am I most proud of this week?

What would I do differently next week?

Next week Intentions

One main focus for next week:

One small step I will take:

"Reflect, reset, and realign. Growth happens one week at a time."