



REFLECT ON YOUR WEEK

Use this sheet to hold yourself accountable.

- 1** Acknowledge what you did this week, even if it feels small.
- 2** Identify one uncomfortable truth about the past six months.
- 3** Plan a specific time to reflect on your progress next week.
- 4** Commit to resting tonight without guilt.
- 5** Prepare to return on Monday with a clear mind.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

11

MON

1

TUE

WED

11

THU

1

FRI

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SAT

1

SUN

What I noticed this week:

One week doesn't get to decide.