



WEEKLY REVIEW TEMPLATE

Use this template to conduct your weekly self-assessment.

- 1 Choose a consistent time and place for your review.
- 2 Set a timer for ten minutes to keep it focused.
- 3 Answer: What worked? What didn't? What one thing will change next week?

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

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THU

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FRI

9

SAT

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SUN

What I noticed this week:

Reflect honestly, and let the evidence guide you forward.