



My Weekly Reflection

Week of

1. How was your week?

 **ROUGH**

 **MEH**

 **GOOD**

 **GREAT**

 **SPECTACULAR**

2. What action did you take to achieve your goals? If you didn't take actions, why not?

3. What Essential Habit did you best demonstrate this week, and how?

4. Describe something you felt good about this week.