

Weekly Reflection Journal

Your Name _____

Week of: ____3rd Week of Sep_____

Location / Context: _____

1. Highlights of the Week

What were your 2–3 most meaningful wins, accomplishments, or joyful moments?

- _____
- _____
- _____

2. Challenges I Faced

What tested your patience, pushed your limits, or didn't go as planned?

- _____
- _____
- _____

3. Lessons Learned

What insights did you gain from your experiences this week?

- _____
- _____
- _____

4. Mindset & Emotions Check-In

How did you feel most of the week? What emotions stood out?

- Mood this week (circle one): 😊 😐 😞 😡 😢
- Dominant emotions: _____
- One moment I'm proud of how I handled: _____

5. Progress Toward My Goals

Reflect on your short- or long-term goals. Are you moving in the right direction?

- This week I took steps toward: _____
- One goal I need to refocus on: _____
- What I'll do differently next week: _____

6. Intentions for Next Week

What mindset, focus, or habits do you want to carry forward?

- One thing I want to improve: _____
- A habit I'll commit to: _____
- My focus word/phrase for next week: _____

"Awareness is the first step toward change." – Ajit K Panicker