

## WEEKLY REFLECTION

What was your favorite moment this week?

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Who or what are you grateful for this week?

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How did you practice self-care this week?

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One moment where you helped someone:

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## WEEKLY REFLECTION

One moment where someone helped you:

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Who or what is keeping you motivated and inspired this week?

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What's something positive from this week that you can bring into next week?

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What do you want to let go of before next week?

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