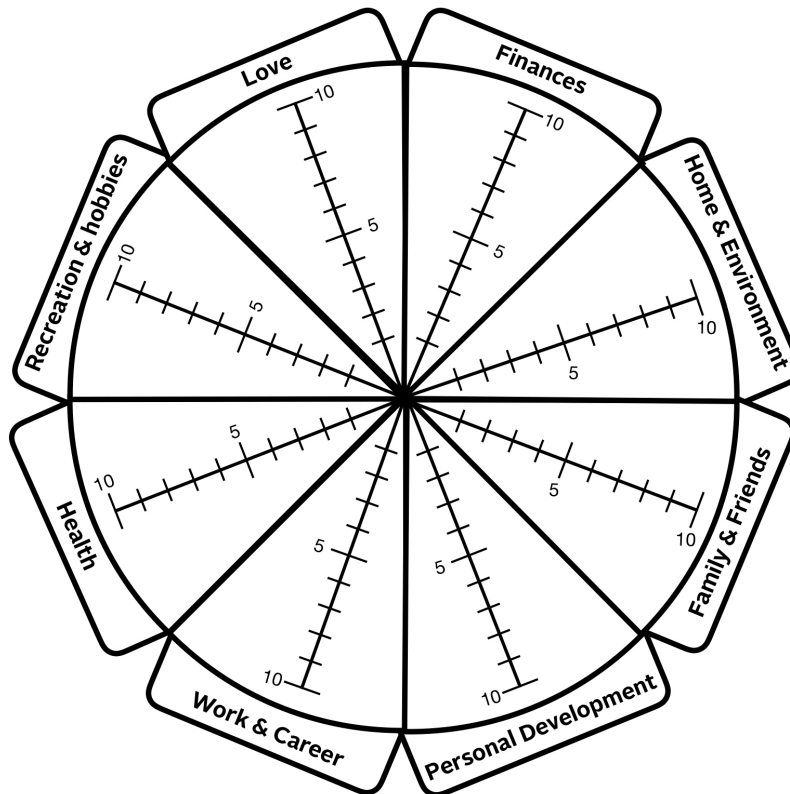




Questions for this week's reflections

Date:

Thoughts and reflections about the last week:



1. What was my greatest accomplishment over the past week?
2. Which situation from the last week was the worst and most negative, and why?
3. What did I learn this week? How can I apply this to next week?
4. What has been my biggest challenge this week?
5. When did I feel the most stressed, exhausted or out of balance? How have I looked after myself this week?
6. What was last week's biggest time sink? What could I spend more and less time doing?
7. How did fear and uncertainty affect what I did and didn't do?
8. Is there anyone who deserves a big 'Thank You'? What am I most grateful for this week?