

WEEK 3 – WEEKLY REFLECTION

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Take some time to reflect on your week, appreciate your accomplishments, and think of ways that support your well-being.

Date:

Stress Level This Week:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

What Went Well This Week?

I Plan To Do More:

What Challenged You This Week?

I Plan To Do Less:

What Helped You Manage Stress This Week?

What Support Will Help Me Next Week?

One Thing You Are Proud Of From This Week?

Wellness Goal For Next Week:
