WEEKLY REFLECTION

Date: _____

My goal for the week was:

_____

_____

Did I achieve it? If yes, what helped me be successful? What systems were in place?

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_____

If no, what barriers did I encounter? Problem solve how to overcome them:

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My goal for the upcoming week is:

_____

_____

WEEKLY REFLECTION

What barriers do I forsee? Problem solve how to overcome them:

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What can I do to prepare for the week to help me be successful?

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One thing I'm proud of this week:

_____

_____