

Weekly Self-Reflection

Name: _____ Week: _____

*The journey to **becoming the best you possible** involves being honest with yourself. There may be times you will accomplish everything on your path that you need to do, and there will be times you will not accomplish one thing you set out to do. Here is the good news: you can always try again. The most important part is to try. And tracking and reflecting on your progress weekly is a good way to get to the best version of you.*

Reflection Questions

Do you feel like you have made progress this week?

Do you feel like you are on target to completing your goal? If so, how? And if not, why?

As you reflect, what hurdles did you experience this week?

Did you have any moments that you feel like you want to celebrate?