



# Weekly Reflection

ENERGY

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THINGS I LOVED...

THINGS THAT CHALLENGED ME...

WAYS I WASTED MY TIME...

THOUGHTS THAT CLUTTERED MY MIND...

WAYS I WASTED MY MONEY...

WAYS I CARED FOR MY BODY & MIND...

WAYS I NEGLECTED MY BODY & MIND...

ADJUSTMENTS TO MAKE NEXT WEEK...

ADVICE I WOULD GIVE TO MYSELF KNOWING WHAT I KNOW NOW...