Weekly Reflection Sheet

IPick one day a week to reflect on the past week (i.e. Friday for the work week) and use the following questions to guide your thinking. You may want to use a journal or protected document to create a diary you can review over time.

Week of

Physical / Environmental

What did I do well this week in caring for my body and my physical spaces?

What would I like to add/subtract next week?

What one thing will I do to facilitate this intention for next week?

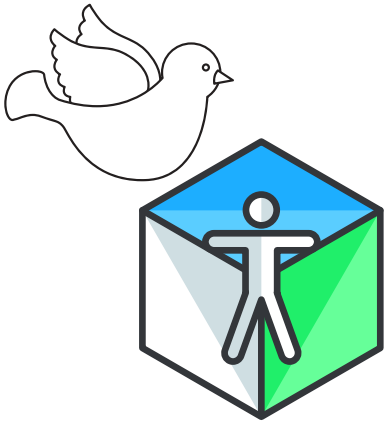
Intellectual / Occupational

What did I do to improve my mind and continue to grow this week in both personal and professional ways?

What would I like to add/subtract next week?

What one thing will I do to facilitate this intention for next week?

Spiritual / Temperamental

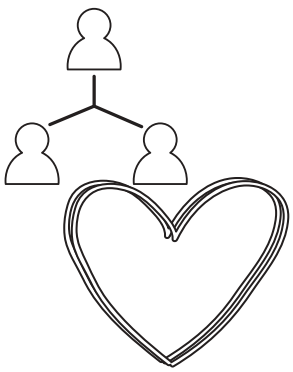


How did I invest in my spiritual life this week? How did I come to better understand how I'm wired?

What would I like to add/subtract next week?

What one thing will I do to facilitate this intention for next week?

Emotional / Relational



How did I invest in my relationship with myself and with others?

What would I like to add/subtract next week?

What one thing will I do to facilitate this intention for next week?