

Weekly Reflection

Before You Begin

A week can pass so quickly that we remember only what we did not finish. Yet between the appointments, responsibilities, and unexpected moments, we have been feeling, learning, and changing in small ways.

A weekly reflection is not a performance review. It is a chance to notice what nourished us, what drained us, what mattered, and what we might need next. Even a difficult week can contain something worth understanding.

Use the questions as a gentle conversation with yourself. You do not need to prove that you were productive or positive. Your experience deserves attention even when it feels ordinary.

Try this: choose one feeling that visited you often this week, and ask what it might be trying to tell you about your needs.

A week can contain effort, rest, disappointment, laughter, and learning. Weekly reflection is not a performance review, and you are more than the tasks you completed. Giving attention to ordinary moments can reveal what truly matters.

The daily themes invite you to notice your energy, your needs, your relationships, your small progress, and your opportunities for rest. At the end of the week, ask what supported you and what depleted you. You may discover a boundary to protect, a habit to adjust, or a moment worth appreciating.

A gentle guide for the days ahead

Read the weekly reflection questions slowly. Choose honesty over perfect answers. You do not need to write everything or change your life in a week. Notice what repeats, what supports you, and what you need. Return to any page when you feel ready.

With love, one small step is enough to begin.

Weekly Reflection

Setting an intention

Monday

When has setting an intention shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore setting an intention with more understanding?

Weekly Reflection

Energy and attention

Tuesday

When has energy and attention shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore energy and attention with more understanding?

Weekly Reflection

Needs and feelings

Wednesday

When has needs and feelings shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore needs and feelings with more understanding?

Weekly Reflection

Relationships this week

Thursday

When has relationships this week shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore relationships this week with more understanding?

Weekly Reflection

Small progress

Friday

When has small progress shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore small progress with more understanding?

Weekly Reflection

Rest and enjoyment

Saturday

When has rest and enjoyment shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore rest and enjoyment with more understanding?

Weekly Reflection

What I learned

Sunday

When has what i learned shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore what i learned with more understanding?
