

# Weekly Reflection Page

NAME:

DATE:

Fill this side out at the  
start of the week:

Fill this side out at the  
end of the week:

**I WANT TO TRY:**

**A CHALLENGE I FACED:**

**I'M GRATEFUL FOR:**

**I LEARNED:**

**MY GOAL THIS WEEK:**

**SOMETHING I COULD IMPROVE ON:**

**I'M FEELING:**

**I'M PROUD OF MYSELF FOR:**

**I'M EXCITED ABOUT:**

**MY FAVORITE PART WAS:**