

# WEEKLY REFLECTION

Month:

Week:

## NOTE OF MY WEEK:

1  2  3  4  5  6  7  8  9  10

## BACKWARD LOOK

What were the three key mistakes I made this week?

1

2

3

What was my success this week?

The best and worst days of the week

The best

The worst

## FORWARD LOOK

How will I prevent the three mistakes from last week?

1

2

3

What will I do to repeat the success of the previous week?

How to have more good days and avoid having a bad week?

The best

The worst