

# Reflection Week

*Take 10 minutes to review what happened each day.*

Day	What were my goals/priorities for today?	What happened/changed that made it difficult to achieve my goals?	How did I respond to those changes? (feelings, thoughts and actions)

At the end of the week ask yourself:

Which goals did I achieve?	What empowered/enabled me to achieve those goals?
Which trends or common causes can I see in the challenges I faced working towards my goals?	What will I do differently in the future to achieve more of what is most important for me?

What can I learn from the week as a whole?

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