

END OF WEEK REFLECTION



LAST WEEK DID I TAKE CARE OF MYSELF? (HOW)

**AM I MAKING TIME FOR
IMPORTANT PEOPLE IN MY LIFE?**

**DO I FEEL CONNECTED TO MY
VISION AND INTENTIONS?**

**IS A PERSON, SITUATION, OR
CONFLICT IN NEED OF ATTENTION?**

**DID I STAY WITHIN MY WEEKLY
BUDGET?**

WHAT ARE SOME FEARS OR BLOCKS THAT NEED ADDRESSING