Week of:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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What are some of your goals for this week?	What didn't go well this week?
What went well this week?	
what went wen this week?	
	What are some changes you want to make for next week?
	 Remember time for self-care! Take time to reflect on the good! If you notice a pattern, think of ways to resolve the issue or maintain the

pace!