

SELF-REFLECTION WORKING SHEET

HEALTHY THEME OF THE WEEK _____

MY GOAL THIS WEEK IS:



THINGS I HAVE ACCOMPLISHED/PROUD OF THIS WEEK:



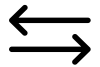
WHAT INSPIRED ME THIS WEEK?



THIS WEEK, I FELT.....



WHAT HEALTHY CHANGES I MADE THIS WEEK?



NOTE TO SELF:

