

The Narrative Weekly Review

How to use this template

- Make a copy
 - List out your own sources for reconstructing your week
 - Once a week, go through your sources and jot down what happened each day
 - Synthesize some Lessons
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Sources

Memory aids to help you reconstruct your week.

- ☐ [Diary](#) Journal
- ☐ [Calendar white-board](#)
- ☐ Google Calendar
- ☐ [Otter.ai](#) recordings

The Week

Jot down bullet points to remind you what you did each day.

Sunday

- *E.g. Woke up feeling groggier than usual. Oddly challenging meditation in the morning. Mind racing about <redacted>*

Saturday

- *E.g. Had Spanish tapas at Natalia's place. 2 glasses of red wine*

Friday

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Thursday

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Wednesday

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Tuesday

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Monday

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Insights

Answer the following questions. Cut and paste this section to the top when you're done, for easy access.

What were your wins this week?

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What were your mistakes/lessons this week?

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What advice would you give yourself for the coming week?

- *E.g. don't drink on Tuesday nights. Your Wednesday workouts are worse.*