

[illegible]

Weekly Reflection

This week's intention:

What mindset or energy do you want to carry this week?

One thing I'm looking forward to:

Name something small or big that brings you joy, comfort, or excitement.

Check-in:

- I felt best when
- I want to continue
- Next week, I'll try to

Credits

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Slides Carnival

for the template

Pexels, Pixabay

for the photos