

Progress Reflection Sheet

By Dr. Patricia Jo Grover

Use this worksheet weekly or at the end of each project cycle to celebrate your growth, claim your progress, and gather momentum for what's next. These gentle questions are designed to elevate your energy—not your pressure.

1. Weekly Pride Check-In

- What is one thing I'm proud of this week?
- What took courage for me to do, say, or decide?
- What habit, boundary, or value did I honor?

2. Identity-Based Wins

- This week, I felt most like my future self when I:
- I am becoming someone who:
- I noticed growth in how I handled:

3. Elevate Into What's Next

- One thing I want to carry forward is:
- One supportive action I can repeat next week is:
- I will celebrate next week's progress by:
