

Weekly Wellness Reflection

A calm, structured review of your week and one intentional step forward.

1. Notice your current state

Energy today (0-10)
Stress today (0-10)
What is taking up the most mental space?

2. Recognize what worked

One win I want to acknowledge
A choice that supported my well-being
Something I learned about myself

3. Prepare for the week ahead

My most important wellness priority
One small action I will take

The support or accountability I need

For personal reflection and educational use only. This resource is not medical care, psychotherapy, diagnosis, or treatment.