

# weekly self-reflection prompts

LIVE A LIFE YOU LOVE

## INSTRUCTIONS

1. SIT IN A QUIET SPACE TO FOCUS
2. THERE IS NO "RIGHT" OR "WRONG" WAY TO ANSWER
3. GIVE YOURSELF 10 MINUTES TO ANSWER
4. WHEN YOU'RE DONE, REFLECT ON HOW YOU FEEL

HOW DO I **FEEL**? DESCRIBE IT AS MUCH DETAIL AS POSSIBLE.

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WHAT DID I **LEARN** THIS WEEK? BE AS DETAILED AS POSSIBLE.

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WHAT DO I WANT TO **CULTIVATE**? (HABIT, ROUTINE, MINDSET)

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