Things T Can't Say Out Loud

WEEKLY REFLECTION Journal

DATE:	TIME:			
Weekly Wins			How do	pes it make me feel?
Challenges		-	How ca	an I improve it?
Accomplished Goals	Unacco	- mplishe	ed Goals	Goals Next Week
Habits Retained	Habi	ts Elimi	inated	New Habits Developed
Three things that I am mo	ost grateful	l for this	s week:	
One life lessons I learned t	this week:			
One word that best descri	bes this we	eek:		

How will you rate this week?

MONTHLY REFLECTION Journal

DATE:			TIME:
Monthly Wins		How do	es it make me feel?
Challenges		How ca	n I improve it?
Accomplished Goals	Unaccomplish	ned Goals	Goals Next Month
Habits Retained	Habits Elin	ninated	New Habits Developed
Three things that I am most	t grateful for th	is month:	

Two life lessons I learned this month:

One word that best describes this month:

How will you rate this month?

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