

Weekly Reflection Journal Pages

This weekly reflection page can be used to reflect on all aspects of self-care, not just mindful practice.

WEEK NUMBER DATE

<p style="background-color: #e85c3d; color: white; padding: 5px; text-align: center; border-radius: 5px;">ACTIVITY COMPLETED</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p style="text-align: center;">HOW I FELT BEFORE</p> <p>Physically 1 2 3 4 5 6 7 8 9 10</p> <p>Mentally 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;">HOW I FELT AFTER</p> <p>Physically 1 2 3 4 5 6 7 8 9 10</p> <p>Mentally 1 2 3 4 5 6 7 8 9 10</p>
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THINGS I LEARNED & WILL TAKE FORWARD FROM THESE ACTIVITIES

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