



Weekly Reflection Sheet

Clarity, Growth, and Gratitude –
Your Journey to a More Mindful Life

v1.0 – March 2025



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Welcome to Your Weekly Reflection Sheet



Every week is a new opportunity to reflect, grow, and embrace your journey. This worksheet is designed to help you gain clarity, celebrate progress, and set powerful intentions for the future. Whether you use it to process emotions, identify patterns, or simply express gratitude, this tool is your gentle guide toward a more mindful and fulfilling life. Take your time, write freely, and honor your thoughts and feelings. This is your space. 🌻



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Tips for Using This Worksheet Effectively

- **Consistency:** Complete this sheet at the end of each week to build a habit of reflection.
- **Honesty:** Write from the heart. Allow yourself to be vulnerable and authentic.
- **Gratitude:** Always end with gratitude to maintain a positive perspective.
- **Review:** Look back at previous weeks to notice progress and patterns.
- **Set Intentions:** Use your reflections to set intentional goals for the upcoming week.



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Weekly Reflection Sheet



Week of: _____



Reflect on Your Week

- What went well this week? What achievements, big or small, are you proud of? →

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- What challenges did you face? How did you handle them?

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• What emotions were most present this week? Why do you think they showed up? →

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• What have you learned about yourself
this week? →

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Growth & Intentions

- What would you like to improve or change next week? →

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• What are your top 3 intentions for the upcoming week? →

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Gratitude & Positive

Moments

- What moments brought you joy, peace, or inspiration this week?

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- Who or what are you grateful for right now?

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☀️ We'd love to hear from you!

- If you enjoyed using this Weekly Reflection Sheet, please share your experience with us. Your feedback helps us improve and provide even more valuable resources.
- Visit: www.mibosma.com/contact or tag us on social media @mibosma. ❤️☀️



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