Weekly Reflection

TAMPA COUNSELING *place*

Week of: _____

My biggest wins this week!

_____

_____

_____

_____

I am grateful for....

_____

_____

_____

_____

Things to work on...

- ☐ _____
- ☐ _____
- ☐ _____

Next week's goals!

- ☐ _____
- ☐ _____
- ☐ _____

Weekly habit tracker:

	M	T	W	T	F	S	S
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○