Weekly Reflection

TAMPA COUNSELING *place*

Week of: _____

My biggest wins this week!

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_____

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_____

I am grateful for....

_____

_____

_____

_____

Things to work on...

- [ ] _____
- [ ] _____
- [ ] _____

Next week's goals!

- [ ] _____
- [ ] _____
- [ ] _____

Weekly habit tracker:

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