

WEEKLY CHECK-IN | LOW-PRESSURE, HIGH-ALIGNMENT

Week Of:

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1. ENERGY & CAPACITY CHECK

My energy this week felt: ☐ Low ☐ Uneven ☐ Steady ☐ Strong

What drained me most:

What gave me life or clarity:

2. BUSINESS/ORGANIZATIONAL REVIEW

One thing I completed or moved forward:

One conversation, follow-up, or decision made:

What felt aligned:

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What felt heavy:

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3. WRITING / THOUGHT LEADERSHIP REVIEW

What did I write, outline, or clarify:

Did this support my clarity or confidence? ☐ Yes ☐ Somewhat ☐ Not yet

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4. EVIDENCE LOG (PROOF OF PROGRESS)

5. FAITH & ALIGNMENT CHECK

Where did I sense peace or confirmation this week:

Where did I rush instead of trust:

What might God be inviting me to release or refine:

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6. NEXT WEEK — LOW-PRESSURE INTENTIONS (CHOOSE THREE)

One business priority:

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One care or restoration priority:

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7. CLOSING DECLARATION, “This week, I honor myself for _____.”

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Declaration:

“I move forward with wisdom, clarity, and trust. My effort is fruitful in its proper time.”