



Weekly Journal

Week of:



This week felt like. . .

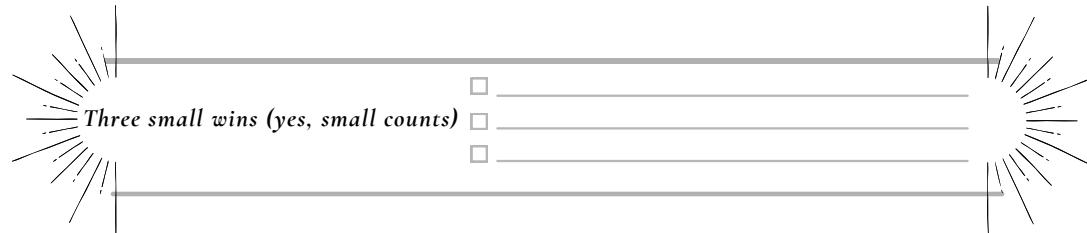
steady	<input type="checkbox"/>	emotional	<input type="checkbox"/>	heavy	<input type="checkbox"/>	foggy	<input type="checkbox"/>
stretched	<input type="checkbox"/>	hopeful	<input type="checkbox"/>	in-between	<input type="checkbox"/>	lighter	<input type="checkbox"/>

What supported me most.

What drained me (be gentle with yourself)

What I'm learning about myself right now

One boundary/adjustment I want to try next week.



Next week, I want more. . . (circle up to 2)

rest	<input type="checkbox"/>	movement	<input type="checkbox"/>	confidence	<input type="checkbox"/>	focus	<input type="checkbox"/>
clarity	<input type="checkbox"/>	peace	<input type="checkbox"/>	connection	<input type="checkbox"/>	play	<input type="checkbox"/>

My intention for next week is. . .