



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.

Three small wins (yes, small counts)

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. . .