

WELCOME
Soul

Looking Back over my week

A guide to noticing God's
movements and invitations in
your week.

Take a few quiet moments to look back over your week with
curiosity, honesty and grace.

NOTICE

As I gently gaze back over the week what moments stand out to me?
What brought me life, joy or peace? What felt difficult, heavy or draining?

NOTICE MY EMOTIONS

What emotions have I experienced most strongly?
Where did I notice anger, resentment, stress, fear or disappointment?
What might these emotions be revealing to me?

NOTICE GOD

Where did I notice God’s presence this week?
Was there a moment when I sensed God’s invitation, comfort, guidance or love?

LEARN & RELEASE

What am I proud of this week?
Is there anything I regret, need to learn from, apologise for or release?

GIVE THANKS

What small or significant gift from this week do I want to pause, receive & give thanks for?

LOOK AHEAD

As I go into a new week, what do I want to carry with me—and what do I want to leave behind?