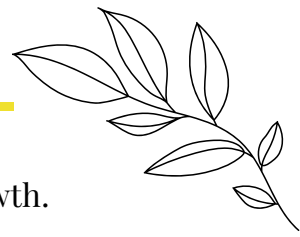




WEEKLY REFLECTION:



Grounding Check-In: Where Are You Right Now?

Take 30 minutes to pause, reflect, and create space for clarity and growth.

1. Mind Check-In

Without judgment, reflect on your current state of mind: Write down a few words that describe your thoughts and emotions right now.

2. Brain Declutter

List up to 5 things that are cluttering your mind.

- _____
- _____
- _____
- _____
- _____

3. Body Check-In

Take a deep breath. Notice how your body feels: Any tension or tightness? What sensations do you feel, and what might they be telling you?

4. Doodle Your Achievement

Draw a small doodle representing something you accomplished this week, no matter how big or small.

5. Letting Go

What's one thing you need to let go of this week to move forward?

6. Moving Forward

What's one goal or focus you want to carry into next week?

Final Thought: Take a deep breath. Imagine planting seeds for growth this week. What would you like to nurture?





VISION AND GOAL SHEET



Planting Seeds for Growth – Your Vision for the Journey Ahead

Vision Map: Your Key Life Areas

Take your time with these prompts – write, sketch, or doodle your ideas for each area. These are just prompts, feel free to explore your own thoughts, feelings and reactions.

1. Wellness

How do you want to feel physically? Fit, rested, energized?
What habits or routines help you feel well?
What activities bring you energy and joy?
How can you show more care and appreciation for yourself?

2. Love and Relationships

What relationships do you want to nurture?
How do you want to show up in these relationships?
Who makes you feel supported, and how can you spend more time with them?
How can you deepen your connection with yourself?

3. Lifestyle

What does your ideal lifestyle look like?
What are your values?
How do you balance work, rest, and play?
What changes can you make to feel more aligned with yourself and your values?

4. Career and Purpose

What impact do you want to make?
What skills, talents, or passions do you want to develop?
What legacy do you want to leave behind?
How can you align your work/career/volunteering with your purpose?

Keep this sheet somewhere visible or easy to access. Revisit and revise as your journey unfolds!

Designed and produced by Determined Dandelions.





VISION AND GOAL SHEET



Planting Seeds for Growth – Your Vision for the Journey Ahead

Action Steps & Intentions

1. Identify actions to move toward your vision.

2. What support do you need to stay on track? What tools or practices can help you stay accountable?

3. Draw an animal, symbol, or image that represents your strength, growth, or vision. Choose something that inspires you to stay focused and grounded when doubts arise.

Keep this sheet somewhere visible or easy to access. Revisit and revise as your journey unfolds!
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