

WEEKLY JOURNAL



INTENTION & REFLECTION

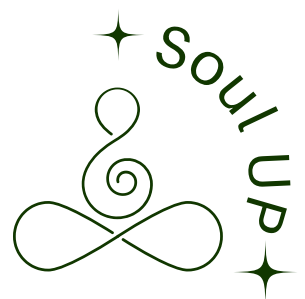
Start your week with purpose!

This workbook serves as your roadmap, guiding you towards clarity and action, helping you define your focus, take meaningful steps, and achieve your weekly goals.

I recommend immersing yourself in it every Sunday evening to kickstart the upcoming week on the right note.

Think of this workbook as your self-compass, not only aiding us in tracking your progress, celebrating achievements, but also identifying areas that deserve special attention.

Together, let's turn every week into a powerful stride towards your goals!



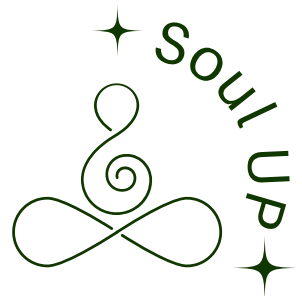
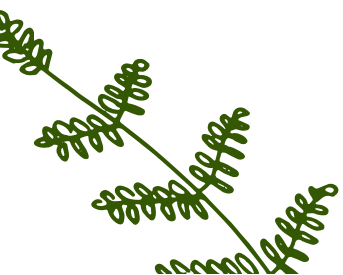
DATE:

How I want to feel this week:

What would make this week great:
e.g health food, self-caring , exercise 3 times

My affirmation or mantra for this week:

WEEKLY PLAN



My Key intentions for this week:

1)

2)

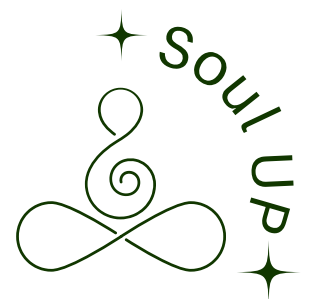
3)

My action steps for this week:

1)

2)

3)



REFLECTION

Set aside some peaceful moments,
take the time to tune in to your inner self.

It's these quiet moments that allow you to reflect
and connect with your intuition and feelings,
which are often overlooked in our busy lives.

By being still and attentive, you may uncover
valuable insights and answers to your questions.

It's a journey of self-discovery and personal
growth that begins with simply listening to what's
inside you.

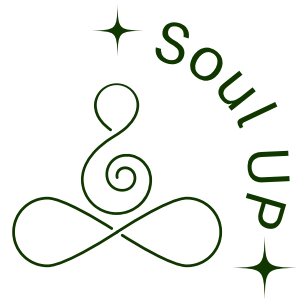
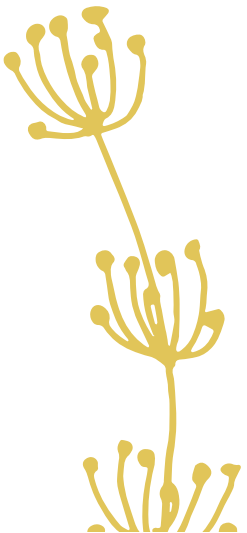
DATE:

How did I feel this week?

What I do well this week and made me feeling good?

What were my achievements or accomplishments this week?

REFLECTION



Any events or people trigger your emotion?

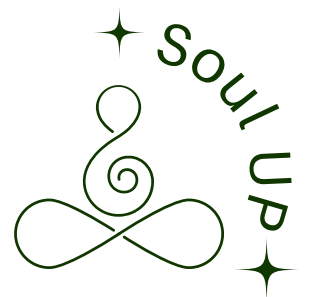
How do you react ?



Do you want to change your response or reaction ?

What action you can take to make those changes ?

REFLECTIONS



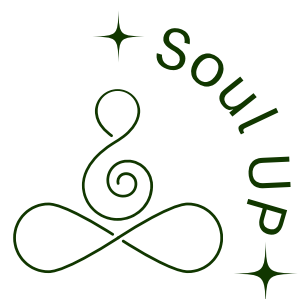
What kind of support do you require?

Do you have the resources or can you reach out to someone, such as a therapist, doctor, friends, family, or naturopath?"

What I am grateful for this week ?

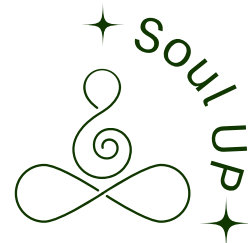
Other reflections or thoughts from the week:

REFLECTIONS



Weekly

PLANNER



WEEK OF: _____

GOALS OF THE WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

