

Reflections

Weekly Journal

This journal is here to aide you in self-reflection and self-awareness. It is designed for you to use for 5 minutes per week for a year.

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Write about 3 ways you can care for yourself this week.



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Write to your younger self.
After you've written to your younger self, reflect on why you chose to write what you wrote.



Write about a skill/talent you have that
you like or that serves you well.



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Write about something you wish
others knew about you.



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If you knew you couldn't fail, what would you do?



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Write about your favorites. Here are some ideas to get you started: smells, colors, memories, places, people.



Write about something that meant a lot to you from this past week.



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Write about who you trust the most and why.



A series of 20 horizontal lines provided for writing a response to the prompt.

Write about something you feel strongly or passionately about.



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Write about something that has surprised you.



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If you had a theme song, what
would it be and why?



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Write about what fulfills you.



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Write about turning points in your life.



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Write about someone who has been influential in your life.



Reflect on the past year and write about it.



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