

FRIDAY REFLECTION JOURNAL



END YOUR WEEK WITH CLARITY,
GRATITUDE, AND INTENTION

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Friday Reflection Journal Page



Section 1: Weekly Wins

Prompt: What am I most proud of accomplishing this week?









Section 2: Challenges

Prompt: What challenged me, and how did I respond?



Challenge:

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 **Response:**

Section 3: Emotions & Patterns

Prompt: What emotions showed up most often?

Circle your moods:



Notes:

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Patterns I noticed:

Section 4: Gratitude & Joy

Prompt: What small moments of joy or gratitude stood out this week?

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Section 5: Release & Let Go

Prompt: What small moments of joy or gratitude stood out this week?

Section 6: Intention for the Weekend

Prompt: What intention do I want to set for the weekend ahead?
