

# Friday

Reflection Journal



*Nnanna Bodd*

# Section 1: This Week in Review

What were 3 highlights from my week?

1.

2.

3.

## Section 2: Gratitude Check

3 people, places, or moments I'm grateful for this week:

1.

2.

3.

## Section 3: Self-Care Pause

Did I honor my energy this week? Yes / No

One gentle thing I did for myself:



Something I wish to do differently next week:

---

---

---

## Section 4: Affirmation for the Weekend

Traceable/Colorable Affirmation:



I welcome rest and renewal.

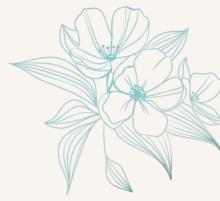




Calm flows through me with every breath.



I am safe to slow down.



Gentleness is my strength

Gentleness is my strength

Gentleness is my strength

Gentleness is my strength



I trust the rhythm of my own pace.

## Section 5: Looking Ahead

One thing I want to let go of:

*"I release what no longer serves me and make space for peace."*

One intention for next week:

*"Each new week is a chance to grow with intention."*

# Section 6: Mood Check-In

How did I feel most of this week?

(Circle or color in the one(s) that fit best)



One word that captures my week:

# Section 7: Small Joys List

3 tiny things that made me smile this week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Section 7: Small Joys List

1.

2.

3.



# Section 8: Creative Space

“Sketch, doodle, or jot down what’s on your mind.”

# Section 9: Closing Ritual

One small joy I want to carry with me into the weekend:

My calming mantra for the week ahead:

“As I close this week, I breathe in calm and breathe out release.”

---

---

Joy

Mantra

