

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.

I welcome rest and renewal.

I welcome rest and renewal.

I welcome rest and renewal.

I welcome rest and renewal.





Calm flows through me with every breath.

Calm flows through me with every breath.

Calm flows through me with every breath.

Calm flows through me with every breath.



I am safe to slow down.

I am safe to slow down.

I am safe to slow down.

I am safe to slow down.





Gentleness is my strength

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Gentleness is my strength



I trust the rhythm of my own pace.

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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

