

 WEEKLY REFLECTION

Pause. Notice. Celebrate Your Progress.

"Consistency doesn't mean being perfect—it means continuing to show up."

Take a few quiet minutes at the end of each week to notice your growth, acknowledge what was hard, and choose what you'd like to carry forward with kindness.

WEEK OF: e.g. 18 Aug 2026

THIS WEEK FELT:

 Grounded

 Energized

 Flowing

 Challenging

PROMPT 01 What went well this week?

What healthy habits felt easiest, most enjoyable, or most natural?

Write your reflections here...

PROMPT 02 What am I proud of?

Celebrate a small win, a positive choice, or a moment when you kept going despite a busy day.

Write your small wins and moments of self-appreciation...

PROMPT 03 Which habit did I stay most consistent with?

What helped me stick with it? (e.g. habit stacking, morning cue, enjoyment, accountability)

Identify the habit and the supportive condition that made it easy...

PROMPT 04 What felt difficult this week?

Were there any situations, emotions, or changes in routine that made your habits harder to maintain?

Name the challenge without judgment or self-blame...

✦ SELF-COMPASSION & NEXT STEPS

Reset Your Rhythm for the Week Ahead

"Every week is a clean slate to begin again with more insight."

PROMPT 05 What did I learn about myself?

Think about your energy rhythms, motivation, sleep, stress triggers, or what environments help you feel your best.

Key insights about what supports me...

PROMPT 06 What would I like to improve next week?

Choose one small, realistic change rather than trying to change everything at once.

One gentle adjustment I want to make...

PROMPT 07 What is my focus for next week?

Define one clear habit focus and the immediate micro-step that makes it achievable.

🌱 **My habit focus:** e.g. 10-minute morning walk, hydration before coffee...

👣 **One small step I can take:** e.g. Put trainers by the door, fill water bottle before bed...

PROMPT 08 How will I encourage myself?

What is one kind, compassionate reminder you can give yourself when the week doesn't go exactly as planned?

A kind thought to hold onto when things get busy or imperfect...

**REMEMBER: COACHING TRUTH FROM ABIGAIL**

A difficult day doesn't erase your progress. Growth is rarely linear. Every single week is another fresh opportunity to learn, reset with grace, and keep building habits that truly work for you.