

Week 2 Reflection & Intentions

A quiet moment to reflect on your week and gently decide where you're heading next.

① What felt meaningful this week?

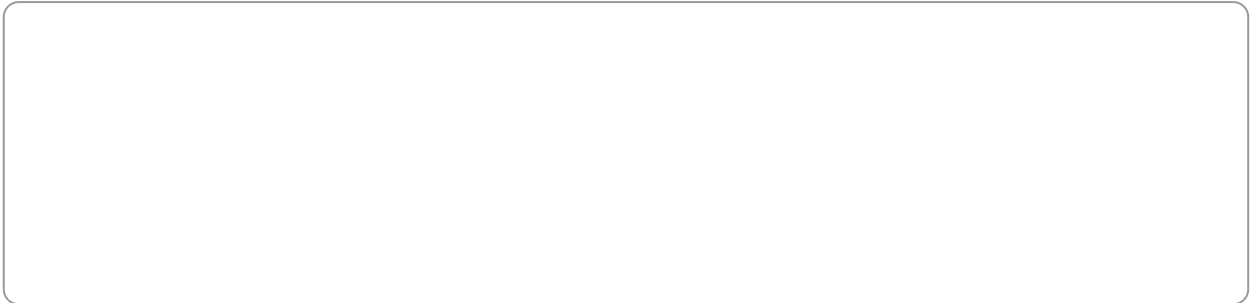
② What challenged me, and what did it teach me?

③ A moment I want to remember...

④ What I'd like to release before next week...

A large, empty rectangular box with rounded corners, intended for writing a response to the question above.

⑤ My intention for Week 3

A large, empty rectangular box with rounded corners, intended for writing a response to the question above.