

# WEEKLY REFLECTION QUESTIONS

1. WHAT DID I SUCCEED AT?

2. WHAT CAN I IMPROVE ON?

3. WHAT WERE MY CHALLENGES?

4. WHAT AM I PROUD OF?

5. WHAT AM I LOOKING FORWARD TO FOR THE NEXT WEEK?

6. WHAT FRUSTRATED ME ABOUT THE PROCESS?

7. HOW DID I SURPRISE MYSELF?

8. HOW WELL DID I DO WITH TIME MANAGEMENT?

9. WHAT DO I NEED HELP WITH?