

weekly reflecting guide

MY 90-DAY GOAL:

Mark the circle below to represent how you are progressing toward your goal.



HEALTH	LOVE	WORK	PLAY
ACTION STEP + RHYTHM	ACTION STEP + RHYTHM	ACTION STEP + RHYTHM	ACTION STEP + RHYTHM

- | | | | |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="radio"/> Thriving | <input type="radio"/> Thriving | <input type="radio"/> Thriving | <input type="radio"/> Thriving |
| <input type="radio"/> Reviving | <input type="radio"/> Reviving | <input type="radio"/> Reviving | <input type="radio"/> Reviving |
| <input type="radio"/> Surviving | <input type="radio"/> Surviving | <input type="radio"/> Surviving | <input type="radio"/> Surviving |

1. What went well this week? What can I celebrate?

2. Unexpected obstacles I encountered this week:

3. New ideas for next week:

4. My four sentence prayer:

- God you are:
- Thank you for:
- Guide me in:
- Empower me to: