



Reflection Journal

Reflection Topic: _____

Focus Habit of the week:

Something new I tried:

What I'm proud of this week:

My favorite part of this week:

Something challenging:

How I overcame the challenge:

I am determined because:

Reflection Topic: _____

Focus Habit of the week:

Something new I tried:

What I'm proud of this week:

My favorite part of this week:

Something challenging:

How I overcame the challenge:

I am motivated because:

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