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Weekly Reflection

Reflecting on the previous week can be a helpful way to start the next one**.** Taking time to step back from your work allows you to recognise what went well, identify areas to focus on and gain a better understanding of your progress. Reflection can also spark new ideas, build confidence by celebrating achievements and help you plan more effectively for the week ahead. Setting aside a few minutes at the beginning of each week to reflect can help you develop this into a useful habit.

What am I proud of last week?

What didn't go as planned?

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What do I have coming up?

What may be a challenge?

What am I looking forward to?

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Weekly Achievements log

Write down the things you have achieved this week. Keeping a record of your achievements provides evidence of your progress and helps you recognise how far you have come!

This week I have achieved…

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