REFLECTION WORKSHEET

A manageable next step

Start with the week you actually have. Choose a step that fits your energy, time, and support.

Date (optional) _____

01 What matters now

What needs my attention most? What would make this week feel a little more manageable?

02 What drains my energy

What is taking more from me than I can give? Is there anything I can simplify, pause, or share?

03 Support I can draw on

Who or what could help? What specific support could I ask for or make use of?

04 One small action this week

What will I try, and when? What is an even smaller version I can do if the week gets hard?

A small step counts. You can adjust your plan as you learn what works for you.