

dearie | that girl lofi

the weekly reflections journal

not a productivity tracker.

just somewhere to notice what happened and be kind about it.

“the week doesn’t need a grade.

it just needs an honest look

and a slightly softer plan for next time.”

use one sheet per week. print as many as you need.

skip anything that doesn't apply today.

WEEK OF _____

looking back

ONE THING THAT ACTUALLY WENT WELL:

ONE THING I WANT TO LET GO OF:

SOMETHING I LEARNED (EVEN IF SIDEWAYS):

HOW DID I FEEL MOST OF THIS WEEK?

looking forward

THE THREE THINGS THAT ACTUALLY MATTER NEXT WEEK:

ONE THING I WANT TO FEEL MORE OF:

ONE THING TO MAKE EASIER:

you tried. that still counts. ■

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