

WB 4.1 — Weekly Review

A weekly reflection. Photocopy for repeated use.

Purpose A weekly review keeps small drifts from becoming big ones. Instead of scoring every day, you reflect on how the week went across your baselines and choose one specific, bounded intention for the next.

How to use this page

When: Complete once a week, at a consistent time that works for you.

Done when: You have reflected on the week and named one bounded intention for the week ahead.

Worked example

This week: sleep slipped, movement was good, connection was low.

Pattern noticed: I isolate when work gets busy.

Next week's intention: one real conversation with a friend, mid-week.

Anchor Phrase: *'Small reviews prevent big drifts.'*

Loop stage: Recover

Week of: _____

How my baselines felt this week (sleep, movement, nutrition, hydration, nature, connection, digital):

Patterns I noticed this week:

Tools I used and how well they worked:

One repair made or needed, and one win to reinforce:

One intention for next week (specific and bounded):

☐ Self-Reward Loop completed