

WB 5.2 — 90-Day Reflection

A three-month check-in on the bigger arc.

Purpose Three months is long enough to see real change. This reflection looks at the bigger arc — how your default responses have shifted and what has become part of who you are, not just what you do.

How to use this page

When: Complete at the three-month mark.

Done when: You have named one durable change and one area still developing.

Worked example

Durable change: I reach out instead of isolating when it gets hard.

Still developing: staying regulated in conflict — better, not automatic yet.

Evidence: three hard conversations this month I would once have avoided.

Anchor Phrase: *‘Three months shows the arc.’*

Loop stage: Recover

How my default responses have shifted over three months:

A change that now feels like part of who I am, not just something I do:

An area still developing, and what would help it along:

My one focus for the next 90 days:

☐ Self-Reward Loop completed