

Weekly

REFLECTION

NAME _____

DATE _____

S M T W T F S

WHAT AM I GRATEFUL FOR?

- _____
- _____
- _____
- _____

WHAT DID I DO WELL?

WHERE CAN I IMPROVE?

MY FAVOURITE THINGS?

SONG _____

BOOK _____

TREAT _____

TRIP _____

MOVIE _____

ACTIVITY _____

FOOD _____

NEW SKILLS LEARNT?

BIGGEST LESSONS?

- _____
- _____
- _____

Annual REFLECTION

NAME _____

DATE _____

WHAT AM I GRATEFUL FOR?

- _____
- _____
- _____
- _____

WHAT DID I DO WELL?

WHERE CAN I IMPROVE?

MY FAVOURITE THINGS?

SONG _____

BOOK _____

TREAT _____

TRIP _____

MOVIE _____

ACTIVITY _____

FOOD _____

NEW SKILLS LEARNT?

BIGGEST LESSONS?

- _____
- _____
- _____