

StoryShift Weekly Reflection Practice

A simple system to help you stay aligned and build consistent momentum.

Use this weekly practice to pause, reflect, and refocus on what matters most.
Keep it simple. Get honest. Choose your next step.



1. Weekly Check-In

What felt most aligned this week?

Where did I drift?

What mattered most in this season or this week?



2. The Five Markers

Rate each area from 1-5.

 Clarity	1	2	3	4	5	___
 Momentum	1	2	3	4	5	___
 Impact	1	2	3	4	5	___
 Alignment	1	2	3	4	5	___
 Legacy	1	2	3	4	5	___



3. One Win, One Lesson, One Next Move

One Win

One Lesson

One Next Move



4. Reset for the Week Ahead

My worthy goal for the week:

One next right step:

What could get in the way?

How I will stay accountable:



5. Simple Weekly Rhythm



Monday:
Set your worthy goal



Wednesday:
Take one bold step



Thursday:
Coffee chat / connection



Friday:
Reflect and reset

Your best story is still ahead.

