

End-of-Week Reflection Tracker

Reflect, Understand, Grow



What did you work on this week?



What moved forward?



What changed in your work?



What became clearer?



Did anything surprise you?



Week Ending:

Project:

Progress isn't only in the word count



Is anything working better than it was?



What still needs attention?



Is there anything you thought mattered a week ago that doesn't matter now?



What do you want to carry into next week?

A note to yourself before you return to your work:

Reflections and Observations

For thoughts, patterns, questions, frustrations, breakthroughs, things you noticed about your work, things you don't yet understand.
Write, sketch, map it out, or leave it blank.

Week Ending:

Project:

