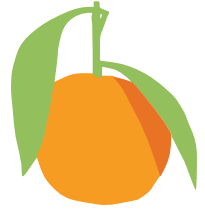


*21-Day Splendid Reset*

# Weekly Reflection



Date \_\_\_\_\_

This week I am grateful for \_\_\_\_\_

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How am I going to be present and move my body today? \_\_\_\_\_

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What were my biggest wins this past week? \_\_\_\_\_

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What intentions do I want to bring into next week? \_\_\_\_\_

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