Reflection Sheet

Name _____
Date _____
Module of focus this week_____

1. What specific tip or strategy did you try this week? (ex. Phone-free bedtime, meal prep ahead of time, taking stretching/exercise breaks while studying, etc)

2. How often did you stick to it this week?

3. What was the biggest thing that got in the way? (sports, phone scrolling, just forgot, etc)

4. How did this tip/focus on the module affect your energy, mood, or focus this week?

5. Did you notice a positive difference in your week?
   1 (No difference) — 2 — 3 — 4 — 5 (Huge difference!)

6. Would you keep using this tip in your daily routine? Why or why not?

7. Any quick feedback on this module?