

Weekly reflection

Reflection on green energy (use the questions below to help you)

What did I learn about green energy? How did it go adding green energy to my week? What was my main source of green energy? Did I feel like it helped me get energy back?

What will I focus on next week?

Reflection on yellow energy (use the questions below to help you)

What did I learn about yellow energy? How did it go with yellow energy this week? Did I have too much or too little?

What can I add or subtract next week to set me up for success?

Reflection on red energy (use the questions below to help you)

What did I learn about red energy? What was my main source of red energy? Can I see a pattern in my red energy (specific situations, thoughts about myself, thoughts about others, specific people)?

*Things in red energy I want to **act** on*

*Things in red energy I want to **find a new way to relate to** (a new attitude or approach)*

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Reflection on circle of reactions

Situation where I tried to change my attitude or approach

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Original/negative thought

New thought (or attitude from mindfulness)

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Feeling

Feeling

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Sensation in body

Sensation in body

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Action

Action

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Reflection on circle of reactions (use the questions below to help you)

What did you learn from working on circles of reactions? How did it go changing your thought/approach? Did the attitude work for you? Do you want to try with another attitude?

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Attitude to focus on next week?

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