



Date:

Complete your weekly review to bookend your week and prep your mind for the week ahead

1. What went well this week?
2. What didn't go well this week?
3. What could I have improved on?
4. How could I have improved on it, so that if this happens again I have a strategy to succeed
5. What am I grateful for this week? (List 1 or more things and why you are grateful for them)
6. What I am looking forward to achieving next week?

Keep these handy so when you perform your quarterly review you can see how far you have really come and strategise your next quarter

*Coach Rob*