

Embracing Uncertainty: Weekly Reflection Checklist

MONDAY MORNING MOTIVATION

Step 1

Release the Pressure

- Write down 3 things I don't have figured out right now
- Remind myself: "it's ok not to know all the answers."
- Let go of comparing my journey to others this week

Step 2

Find the Small Wins

- Identify 1 small step I can take towards a goal
- Celebrate at least 1 small win from last week
- Say out loud: "Progress matters more than perfection."

Step 3

Stay Curious

- Ask myself: "What can I learn from this season of uncertainty?"
- Try once new things this week (a hobby, habit, or perspective)
- Journal about one fear and reframe it as an opportunity

Step 4

Anchor Myself

- Practice 5 minutes of mindfulness (breathing or grounding exercise)
- Write down 3 things I'm grateful for today
- Choose 1 mantra for the week (e.g., 'The journey is the destination')

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Write down 3 things I don't have figured out right now

- 1.
- 2.
- 3.

Identify one small step I can take towards a goal

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Celebrate at least 1 small win from last week

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Ask myself: "What can I learn from this season of uncertainty?"

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Journal about 1 fear and reframe it as an opportunity

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Write down 3 things I'm grateful for today

- 1.
- 2.
- 3.

Choose one mantra for the week

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