

The Weekly Reflection

Five honest minutes at a fixed time you will actually keep. Print one for each week.

Week of _____

1. What did I do this week that moved me toward my Summit Goal?

2. Where did friction show up, and did my if-then response hold?

3. The one thing I will move forward next week.

4. Does my plan still point where I want to go, or does something need adjusting?

Wins worth keeping

Anything that went right, however small. Copy the ones that still matter onto your Wall of Wins.