

NEW HABIT WEEKLY REVIEW

PART V



Worksheet 14

*At week's end, take time to step back and gain a clear view of your efforts.
This is your opportunity to recognize progress, learn from experience,
and move forward with deeper insight and renewed intention.*

- **To what extent am I satisfied with my efforts this week?**

- **What struggles did I face, and how did I respond?**

- **What adjustments to my thoughts and routines did I make during the week? Which were most effective?**

- **What changes or new strategies will I try next week?**
