

WEEKLY PATTERNS

PART VIII



Worksheet 3

The weekend offers a chance to step back and reflect on the week's experiences. What patterns are taking shape? What directions are beginning to emerge? This exercise offers two complementary ways to support your review:

- A concise Weekly Snapshot to capture key moments and themes
- A more reflective Weekly Highlights to explore the deeper rhythms of your week

You can use either or both, as you feel inspired. Before starting, take a few moments to quiet your mind and center yourself. A few calming breaths, a short meditation, or the Introspection Gateway can help you enter a more receptive state.

WEEKLY SNAPSHOTS

- **What was the high point of my week, and why did it stand out?**

- **What was the low point of my week, and what did it teach me?**

- **Who was the most significant person in my week? What message or understanding came through our interaction?**

- **In what ways did I nourish or neglect my physical, mental, emotional, and spiritual wellbeing?**

● *What did I do that was fun, creative, or uplifting?*

● *What am I most grateful for this week?*



Reach out to the person who was most significant for you this week—send a message, speak to them directly, or simply let them know in your own way how much they meant to you.