

Weekly Self-Reflection Check-List

Take three deep inhalations and meditate on the following (release judgement and reflect without judgement)

How has my inner state been this week?

Where have my thoughts been?

What has triggered me?

What inspired me mostly?

What events have happened?

What have I spent my time doing?

Have I learnt anything new?

Have I risen?

Have I shown the world my best self?

Have I sprinkled my light?

Have I loved?

Have I laughed?

Have I lived?

As you complete the meditation, take yourself through flashbacks of the past 7 days