A SHRINQ JOURNAL PAGE

The Weekly Reflection.

Ten minutes, once a week, same day each week. Print a stack and keep them somewhere visible. The questions are short because the honesty is the hard part, not the writing.

Week of:

What actually moved forward this week?

Which pattern showed up? (rumination, doomscrolling, avoidance, snapping, something else)

When did I catch it, and which of the four moves did I run?

What drained more energy than it deserved?

What would I repeat on purpose next week?

One focus for next week (one, not three):

BEFORE YOU USE THIS

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