



# REFLECTIONS

On the Last Week

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# JOURNAL PROMPTS

WHAT MADE ME FEEL POWERFUL?

WHAT MADE ME FEEL CALM?

WHAT MADE ME FEEL UNEASY OR ANXIOUS?

WHAT DID I DO LAST WEEK THAT RESULTED IN  
SOMETHING I WAS HAPPY WITH?

WHAT MADE ME FEEL HAPPY?

DID I FEEL PRESENT THROUGH THE WEEK?

DO I FEEL GOOD ABOUT THIS WEEK?

WHAT IS SOMETHING I DID LAST WEEK THAT RESULTED  
IN SOMETHING I WASN'T HAPPY WITH?

WHAT COULD I DO DIFFERENTLY NEXT TIME?

ARE THERE ANY OTHER SOLUTIONS?