

REFLECTING ON THE WEEK

Fill in the journal entry below with your own thoughts

Date _____

THE BEST THING THAT HAPPENED THIS WEEK WAS:

SOMETHING THAT CHALLENGED ME THIS WEEK WAS:

SOMETHING I DIDN'T LIKE ABOUT THIS WEEK WAS:

CIRCLE THE FACE THAT BEST REPRESENTS
HOW YOU FELT THIS WEEK



LIST THREE OF YOUR STRENGTHS



Paul Vaughan
Dragons Forward

ACKNOWLEDGING WHAT YOU
DO GIVES YOU STRENGTH AND
MAKES YOU FEEL GOOD



Samantha Bremner
Dragons NRLW