



Assessment

Weekly Reflection Log

If you continue journaling over the next few weeks, keep a short reflection log to reflect on your experiences. Each week, take a few minutes to answer the following questions in 4 to 6 sentences:

- What did I write about this week?
- How did I feel before and after journaling?
- Did anything shift in my mindset, mood or behaviour?
- What helped me stick with the practice this week, or what made it difficult?
- Did journaling impact how I handled stress or challenging situations this week?

Be honest and specific. The goal is not to write perfectly, but to become more aware of your process.