

WEEKLY LANDSCAPE COMPLETION



On a scale of 1 – 10, how much did you ‘show up’ for yourself this week?

Is there anything that you didn’t complete from your commitments this week?

What did you learn this week about yourself?

Is there anything that you will do differently next week as a result of your learnings this week?

What would you like to acknowledge yourself for?

Here's what I will remember this week...

This week, my key commitments are...

Stop doing....

Who am I going to be this week?