

# Weekly Reflections: Looking Back

- What were my biggest accomplishments this week?
- What did I learn this week?
- What am I proud of?
- What do I want to focus on next week?

## How to Use This Guide:

- Use morning prompts/mantras to set a positive tone for your day. (see example on next page)
- Reflect each evening to evaluate your progress and experiences.
- At the end of the week, use the weekly reflection prompts to review your overall progress and plan for the week ahead.

# MORNING MANTRA

I am capable, strong, and ready to take on the day.

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Today, I choose joy, peace, and positivity in all I do.

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My mind is a sanctuary of positive thoughts, bringing peace to my soul.

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I am in control of my thoughts, emotions, and actions today.

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I let go of what I cannot control and embrace the peace within.

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I welcome positivity into my life today and always.

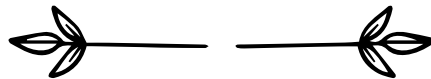
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My mind is clear, my heart is open, and I am ready to embrace the day.

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I trust in my ability to navigate through life's challenges with grace and serenity

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Craft a personal mantra that speaks to your core values and the mindset you want to carry with you daily. Integrate this mantra into your morning routine—whether during meditation, while preparing for the day, or at any moment that feels right. Repeating it can help center your thoughts and set a positive tone for the day ahead.

# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT  
ON THE THINGS YOU'RE THANKFUL FOR

Cultivating gratitude is a powerful practice that can enhance your well-being and bring more joy into your life. Use these pages to reflect on the positive aspects of your day, and develop a habit of appreciation.

3 THINGS I AM GRATEFUL FOR TODAY:

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMEONE WHO MADE A  
DIFFERENCE IN MY DAY

SOMETHING I LOOK FORWARD TO  
TOMORROW

Daily Affirmation

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NOTES & FREE THOUGHTS

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# Can You Help Us Spread the Word?

We hope you've found this guide helpful.

Please let us know if there is any notebook design you are interested in by writing to [customerservice@integrafun.com](mailto:customerservice@integrafun.com)

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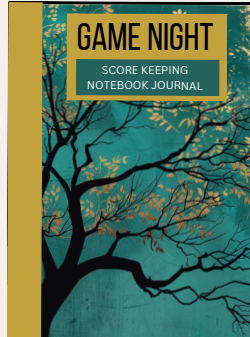
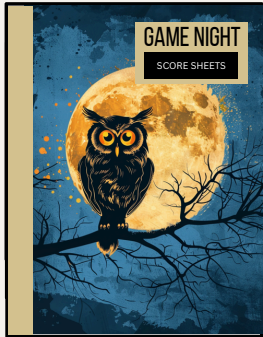
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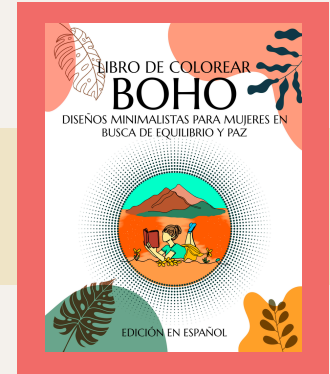
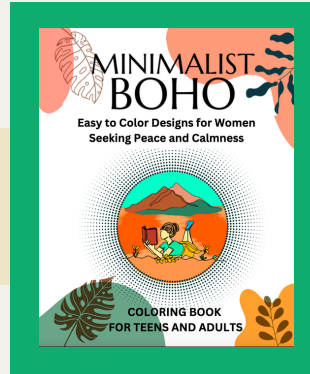
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## FAMILY BOOKS

### GAME NIGHT SCORE BOOKS

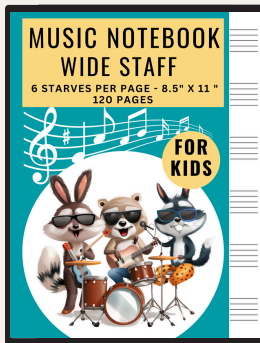


## COLORING BOOKS

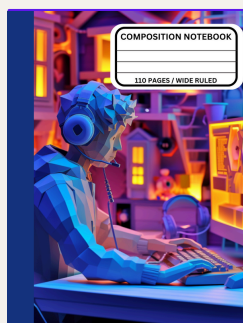
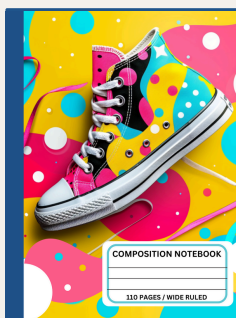
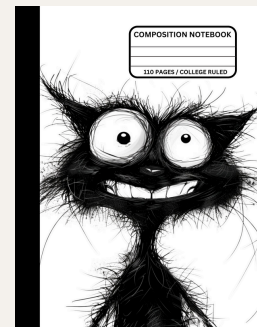


SPANISH EDITION

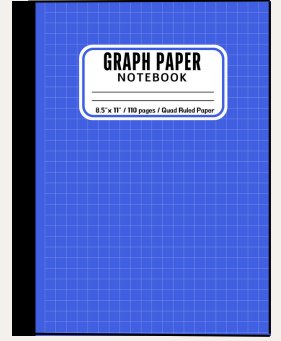
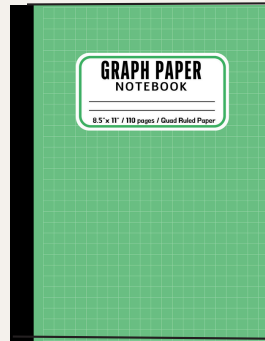
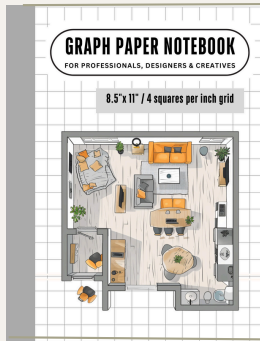
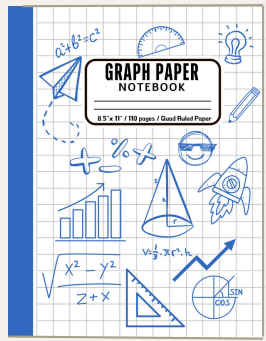
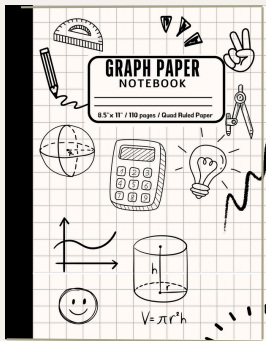
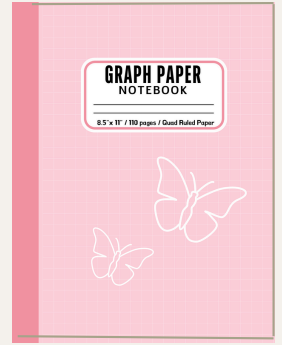
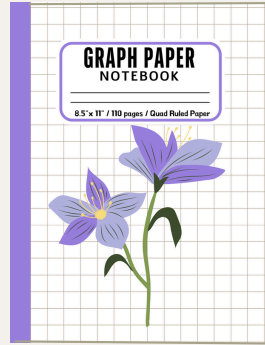
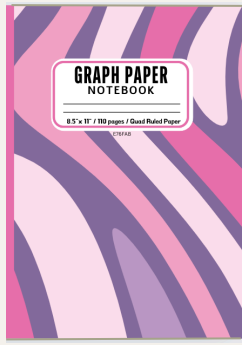
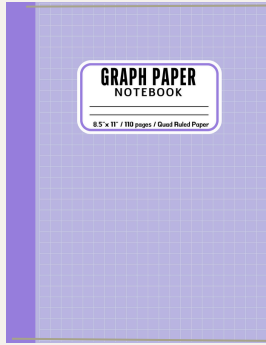
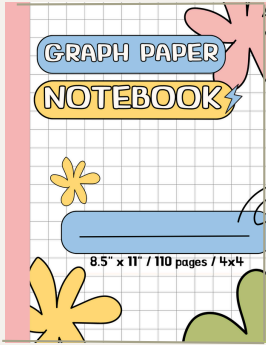
## MUSIC NOTEBOOKS



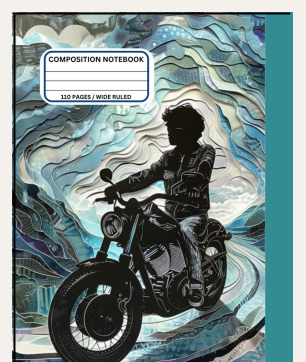
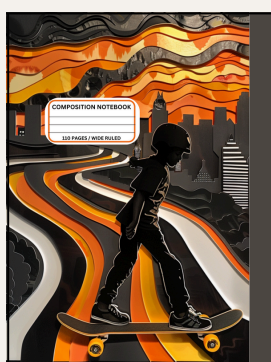
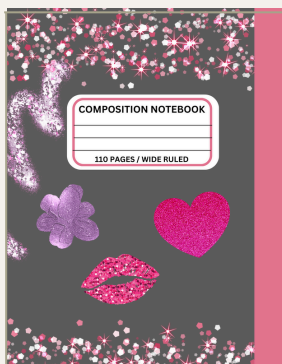
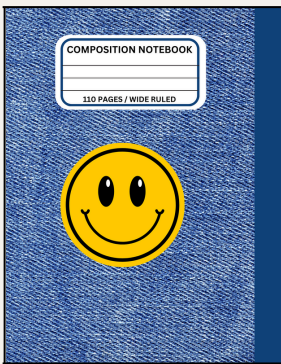
## COMPOSITION NOTEBOOKS



# GRAPH PAPER NOTEBOOKS



# LEFT HANDED NOTEBOOKS



# RECIPE NOTEBOOKS to write your own recipes

