

# Weekly Emotional Reset



**A simple weekly reflection to clear the noise, name what you're carrying, and reset your direction.**



# This Week's Reflection

*Take 5 minutes. Write slowly. There is no right answer – only honest noticing.*

**What did you carry this week?**

Emotionally, mentally, physically – whatever comes up.

---

---

---

**What felt heavy – even if you didn't say it out loud?**

---

---

# This Week's Reflection

*Take 5 minutes. Write slowly. There is no right answer – only honest noticing.*

**What supported you this week?**

A person, moment, rest, breath, or small win.

---

---

---

**Where did you push yourself too hard?**

Emotionally, mentally, physically – whatever comes up.

---

---

---

## **Intentions I want to carry forward:**

**Emotionally, mentally, physically – whatever comes up.**

---

---

---

---

---

---

**“Close this reflection by taking one slow breath. You don’t need to fix everything – just notice.”**

**Clarity Through Conversation – Drews True You**