

# 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.

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

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# 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.

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## Where did you push yourself too hard?

Emotionally, mentally, physically — whatever comes up.

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

Emotionally, mentally, physically — whatever comes up.

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

**Clarity Through Conversation — Drews True You**