



# The Weekly Review

The evaluation process is simple, yet powerful. Every week you'll ask yourself the same 3 questions:

1

What worked?

2

What didn't work?

3

What do I want to do differently next week?

# Weekly Review

Week of:

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What were my weekly outcomes for this week? Did I achieve them?

What worked this week?

What didn't work this week?

What do I want to do differently next week?

# Questions to help you dive deeper



## What worked?

- What part of the week worked well?
- Where did I feel motivated and energized?
- Where did I feel calm and relaxed?
- Where did I feel thoughtful and intelligent?
- Where did I feel powerful and in control?
- What was an obstacle I had planned for, that ended up popping up?
- How did I save time this week?
- Where was I strategic?
- When did I come from a place of self love this week?
- How am I gathering valuable experience?

## What didn't work?

- What part of the week didn't work?
- Where did you lose touch with your goals or outcomes?
- Where did you get stuck in your own head instead of following what you outlined on your calendar?
- What excuses did your brain create that you listened to?
- What made those excuses so compelling?
- What obstacles did you not know how to overcome?
- Where did you feel confused or overwhelmed?
- Where did you need more time?
- Where could you have spent less time?