weekly REFLECTION & PLANNER

Take a moment to reflect. What might have held you back last week? What can you celebrate? Focus on activating the CHAMP traits that will bring out your best. Choose a CHAMP trait every day and answer one or more of the prompt questions below.

Monday	Tuesday	Wednesday
T !!	Enidov	
Thursday	Friday	
Inursday	Friday	
		CHAMP TRAITS
Inursday	Friday	
		conquer
		Conquer Humility
		Conquer Humility Action
		Conquer Humility Action Momentum
		Conquer Humility Action
		Conquer Humility Action Momentum
		Conquer Humility Action Momentum

## **PROMPTS**



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How will I conquer?

How will I show humility?

The action I will take is?

How will I keep momentum?

How will I show persistence?