

WEEK 6 - REVIEW

At the end of a period of trying something new, it's useful to sit down, consolidate and reflect. Taking the time to reflect allows you to actively consider what you're taking away from the experience; what you've learnt, your successes, and what you might do differently next time.

And, remember the three mindsets we introduced in week 3:

Focus on what you can control	Aim for slow and steady progress	Be your own detective
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OVERALL GOALS/AIMS

Goal 1	Goal 2	Goal 3
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WEEKLY HABIT TRACKER	MON	TUE	WED	THU	FRI	SAT	SUN
HABIT 1							
HABIT 2							
HABIT 3							

Are the goals still relevant? *Are there any you need to change/update?*

If you missed a day, why? What might make it easier for you to succeed in the future?
Consider the '**Head, Heart and Hands**'

When you completed a task how did you feel? Was there anything that made it easier?

Other thoughts/observations