

SUNDAY REFLECTION

Sunday Reflection

COACHED BY

Ashlyn

“A GOAL WITHOUT A PLAN, IS JUST A WISH”

Sunday Reflection



one
1

WEEKLY BRAINDUMP

two
2

TOP 3 FOR THE WEEK

three
3

CHOOSING GRATITUDE

four
4

THEME OF THE WEEK

five
5

ORGANIZING YOUR DAYS

COACHED BY
Ashlyn

six
6

DON'T FORGET TO MOVE





Weekly Brain Dump

1x per week commit to listing ANYTHING and EVERYTHING that you would like “TO-DO” as 1 long-running list. This list may include future ideas, goals and plan's outside of the more time sensitive items. The purpose of this exercise is to dump your on-going mental check-list onto paper. Get those nagging to-do's and future ideas onto the list and out of your mind.



TO DO THE WEEK OF: _____



REMINDER: Move over uncompleted tasks from last week!

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐



Top 3 for the Week

Pick THREE items from your brain-dump list that you WILL prioritize the completion of in the next 7 days NO MATTER WHAT. What you place in this category is critical.

These are the non-negotiable promises you are making to yourself for the week ahead and should be the items, once completed, that will alleviate the most stress and create forward moving momentum towards a larger goal.



Top 3

GOALS FOR THE WEEK

GOAL ONE

GOAL TWO

GOAL THREE

COACHED BY
Ashlyn



Choosing Gratitude

Create a short list of a few things in your life that you are currently grateful for.

Be descriptive. After jotting down so many actionable tasks and goals in the previous steps, having a moment of reflection and presence is just as important. Sit in your gratitude for a moment and continue to look for items to add to next weeks list as you go throughout the week ahead.





Theme of the Week

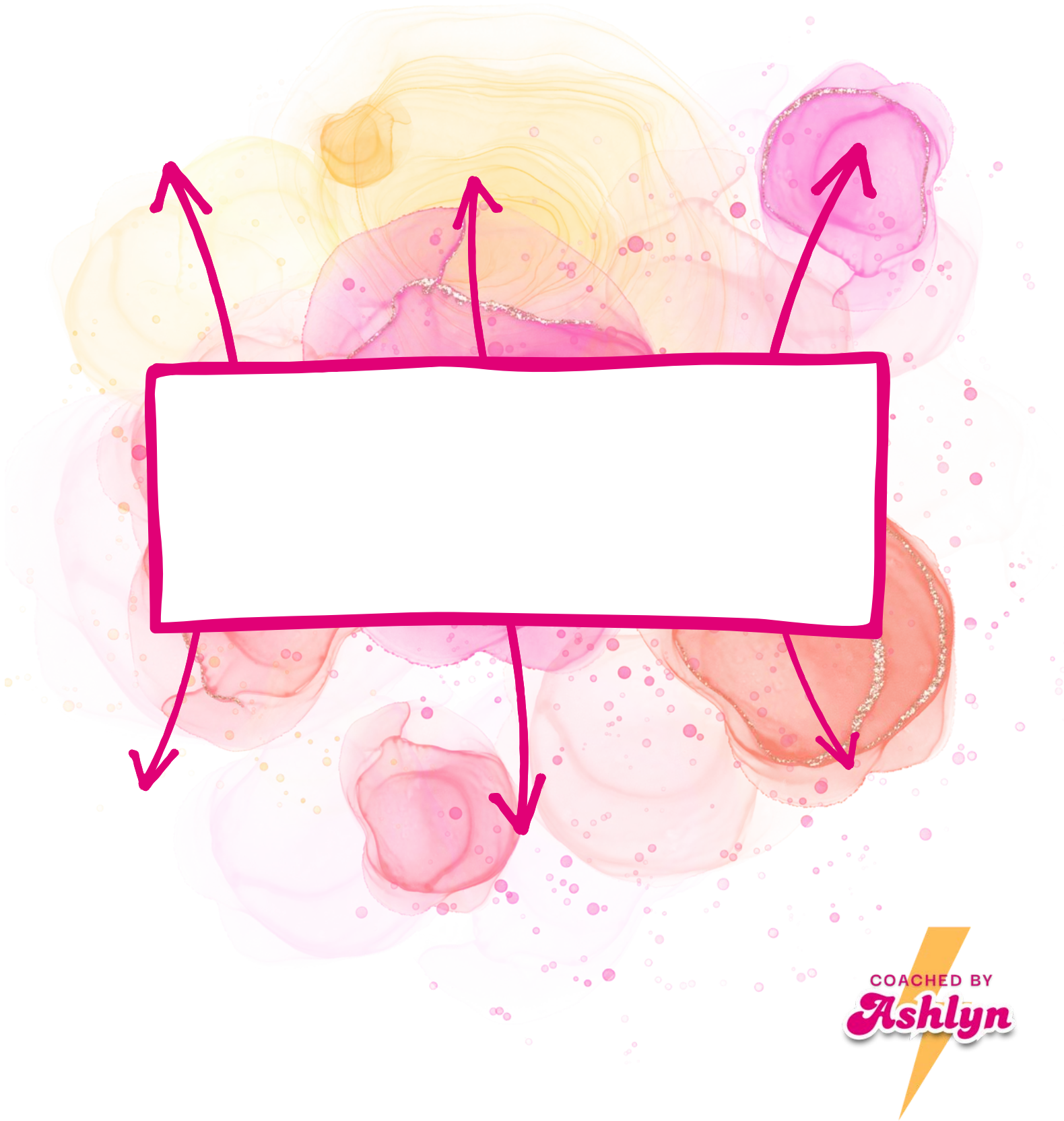
You are going to choose one word or a short phrase that will reflect your approach and priorities for the next 7 days. Your theme can and will change each week. Your theme will serve as a guidepost for decisions, tasks, and mindset for the week ahead.

Some "theme" examples include: Family Time, Friendship, Connection, Entrepreneurship, Productivity, Movement with Intention, Gratitude, Organization, Adaptability, Happiness, Patience, Communication, Passion, Confidence, Romance, etc.

You may then brainstorm some examples of what this theme may mean for you (For example, if you choose "Romance" as your theme perhaps planning a date night, ensuring you say "I love you" daily, folding your partners laundry, etc. would be ways you would implement that theme for the week ahead). Note these ideas next to the theme to expand your thinking!



Theme of the Week



COACHED BY
Ashlyn



Organize your Days

Now it's time to systematically go through each day of the week and place the items from Step 2 into your weekly calendar as top priorities. Your Top 3 tasks should be the first time blocks you fill. Begin to fill each day with 1-2 additional tasks from your Brain-dump list as well as your typical weekly duties (garbage day, appointments, reminders, birthday's, work tasks, etc.)



Organize your Days

MONTH: _____

WEEK : _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

COACHED BY
Ashlyn

Organize your Days

MONTH: _____

WEEK : _____

SATURDAY

SUNDAY

NOTES

COACHED BY
Ashlyn



Move Your Body

Make movement a priority. If you have a structured training program, commit to your workouts ahead of time by placing them into your activity schedule. If you are not currently following any structured program, commit to some form of movement a few times per week (Walks with friends, YouTube workout videos, fitness classes, bike ride with your kids, yoga before bed, hike on the weekend, etc).

Once you write it down, it is much more likely to happen!



Weekly Movement

MONDAY

TUESDAY

WEDESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

COACHED BY
Ashlyn

