

Reflecting and Planning for a Brighter Tomorrow



As we welcome another Sunny Sunday, let's take this opportunity to pause, reflect, and prepare ourselves for the week ahead. This day is a gift, a quiet moment to look back on the past week's journey and to set our intentions for the days to come. Use this handout as your guide to uncover valuable insights about yourself and to chart a path forward that resonates with your aspirations and goals.

Reflecting on the Past Week

- What were the highlights of your past week? Recall moments of joy, achievement, and connection.
- What challenges did you face, and how did you overcome them? Think about obstacles you encountered and the strategies you used to navigate them.
- What lessons have you learned? Consider the insights gained from both successes and setbacks.
- In what moments did you find yourself most grateful, and why? Reflect on the instances that sparked gratitude.
- How did you practice self-care? Identify the actions you took to nurture your well-being.

Planning for the Week Ahead

- What are your top three priorities for the coming week? Define your focus areas that will drive your efforts.
- How can you build on last week's successes? Consider ways to continue the positive momentum.
- What strategies will you employ to address potential challenges? Think ahead about solutions and support systems.
- How can you incorporate gratitude and joy into your daily routine? Plan specific activities or practices that uplift you.
- What commitment will you make to your personal growth and self-care? Decide on actions that will enhance your well-being and development.

Closing Reflection

As the sun sets on another Sunday, remember that each week is an opportunity to grow, to love, and to live more fully. Let the light of today inspire you to reflect with kindness on your past and to embrace the future with hope and determination.