GRACEWAY
WELLNESS

*Therapy That Honours Your Values*

# Weekly Reflection Tracker

A simple tool for daily awareness between sessions

## What Is This Tool?

Therapy works best when the insights from your sessions stay with you throughout the week. But life moves quickly, and it is normal for those moments of clarity to fade before your next appointment.

This tracker gives you a simple way to check in with yourself each day — in about three minutes. Over time, you will start to notice patterns, track your progress, and *bring richer material to your next session*.

You do not need to do this perfectly. Even a few words are enough.

## How to Use It

1. **Pick an anchor.** Attach your check-in to something you already do — morning coffee, your commute, or bedtime. Same time each day helps it stick.
2. **Ask "Where am I today?"** Rate yourself from 1 (struggling) to 10 (thriving), or use a single word: tired, hopeful, steady, overwhelmed. The point is to notice — not to judge.
3. **Notice what shifted.** Did anything change since yesterday? A better conversation, a harder morning, a small win. If nothing changed, that is worth noting too.
4. **Name what nourished you.** What are you grateful for today? It does not need to be profound — "a quiet morning" or "my friend checked in" counts.
5. **Flag what matters.** If something feels significant — a pattern, a recurring feeling, something you want to explore — jot it in the notes column.
6. **Review your week.** At the end of the week, look back across your entries. Use the reflection section to capture what you noticed and what you want to bring to therapy.

### Why This Works

> *Putting experiences into words — even briefly — helps the brain process and integrate them.*

Research shows that regular self-reflection strengthens emotional awareness, helps you notice progress you might otherwise miss, and creates a feedback loop that reinforces positive change. Your therapist can work with what you bring — and this tool helps you bring more.

## Tips

**Start small**
Three minutes a day. You do not need to fill every column. Even a number and a word is enough.

**Be honest**
Hard days are not setbacks — they are data. A low number deserves your attention just as much as a high one.

**Bring it to your session**
Some of the most productive therapy sessions begin with "I noticed something this week." This tracker gives you that starting point.

## Anchor Ideas

- **Morning coffee** — while the kettle boils
- **Commute** — the first few minutes of your drive or ride
- **Bedtime** — before you reach for your phone
- **Lunch break** — a pause in the middle of your day

**Words When You're Stuck**

*Anxious · Steady · Hopeful · Drained · Lighter · Overwhelmed · Restless · Calm · Foggy · Grateful · Heavy · Energised · Fragile · Grounded*

# Weekly Reflection Tracker



**Name:** _____ **Week of:** _____

| DAY<br>*Date* | WHERE AM I?<br>*1 = struggling · 10 = thriving* | WHAT SHIFTED?<br>*What changed since yesterday?* | WHAT AM I GRATEFUL FOR?<br>*What nourished you today?* | NOTES<br>*Anything for your therapist?* |
|---|---|---|---|---|
| EXAMPLE<br>Tues, Feb 18 | **6** — a bit drained but holding steady | Had a hard conversation with my partner last night. Did not go great, but I stayed calmer than I usually do. Noticed I used one of the tools from therapy without even thinking about it. | My daughter laughed really hard at breakfast. It reminded me that the small moments still exist even on heavy days. | Want to talk about the conversation — I think there is a pattern here. |
| EXAMPLE<br>Thurs, Feb 20 | **8** — lighter than I expected | Woke up feeling anxious about a work deadline, but went for a walk before sitting down and it actually helped. The anxiety did not disappear but it got quieter. | A colleague sent me a message saying my presentation helped her. I did not expect that at all. | |
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## End-of-Week Reflection

**What pattern did I notice this week?** *My numbers are higher on days when I move my body in the morning. Also noticed I tend to dip after hard conversations — not because they go badly, but because I replay them.*

**What do I want to bring to my next session?** *The pattern with replaying conversations. I want to understand why I do that and what I can do differently when I notice it starting.*

**Hard days are not setbacks — they are data.** Healing is not a straight line. On difficult days, the practice still matters — not because it will fix anything, but because it teaches you that you can sit with discomfort without running from it. *The courage to keep showing up matters more than any number.*

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## End-of-Week Reflection

**What pattern did I notice this week?** _____

**What do I want to bring to my next session?** _____

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