**Weekly Reflection Sheet**

**Origin/Purpose:** To share weekly updates with friends and individuals who will encourage, inspire, and challenge me to reach my goals.

**Group Members:**

**Date & Time:**

**Conference Call #:**

**Recap**

**Great things that happened**

1. -
2. -
3. -

**Recommended Book:**

**Big idea of the week:**

**Big Takeaway from Week:**

**One Goal for the Week:**

**One Thing I need help on:**

**Weekly Challenge**