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		W	eekly Refle	ection:
This Week Was:			,	Things that Brought Me Joy:
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				What Challenged Me? What Did I Learn This Week?
Most 000000000000000000000000000000000000	Frequent angry annoyed antisocial anxious ashamed bored calm confident content courageous creative depressed disappointed disgusted embarrassed energized excited frustrated grateful guilty happy helpless hopeful	0000000000000	impatient inspired irritable isolated jealous loved numb optimistic overwhelmed productive rejected relieved sad shocked sociable stressed tired unfocused unmotivated valued vulnerable worthless	Focus Word Reflection: How I Spent Time Unplugged: • • • What Could I Have Done Differently?