

# WEEKLY REFLECTION

Date: \_\_\_\_\_

One way that I was a leader this week was \_\_\_\_\_

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One habit I used this week was: (circle one)

- 1) Be Proactive
- 2) Begin with the End in Mind
- 3) Put First Things First
- 4) Think Win-Win
- 5) Seek First to Understand, Then to Be Understood
- 6) Synergize
- 7) Sharpen the Saw

I used that habit because I \_\_\_\_\_

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My effort to follow the 7 habits and reach my personal best this week were: (circle one)

I gave my 100% effort to everything I did this week.

I tried, but not all the time.

I didn't do my best, but will make next week better.

My goal for next week is to use habit \_\_\_\_\_