

STRESS REDUCTION GROWTH

Weekly Reflection & Habit Tracking

Week Of:

Primary Goal:

DAILY TECHNIQUE	CONSISTENCY (M T W T F S S)	IMPACT (1-5)
Deep Breathing / Meditation		_____
Physical Movement		_____
Digital Detox / No Screen Time		_____
Journaling / Reflection		_____
Sleep Hygiene (8 Hours)		_____

Weekly Breakthroughs & Growth Observations

Minimalist Wellness Series – Focus on Progress, Not Perfection