

My First-Week Review

Reflection is information, not judgement

The first week rarely goes exactly to plan - and it does not need to. This review is how the plan gets better. Look at what actually happened, notice what it tells you, and adjust next week accordingly. That cycle - plan, practise, notice, reflect, adjust - is what recovery is built from.

My daily anchors this week

Anchor	Most days	Some days	Rarely
Woke up at about the same time	☐	☐	☐
Ate regular meals and drank water	☐	☐	☐
Took prescribed medication as directed (if any)	☐	☐	☐
Had at least one supportive connection	☐	☐	☐
Included some movement or time outside	☐	☐	☐
Prepared for sleep rather than waiting to feel tired	☐	☐	☐

"Some days" counts. Anchors are measured in returns, not streaks.

Moments that were difficult

Pick one or two. What happened, what you did, and what - if anything - helped.

What happened: _____

What I did: _____

What helped, even a little: _____

Supports I used this week

People, meetings, tools, or places - anything from your plan or safety plan you actually reached for.

What I Noticed

The week is over - the information is not

What helped most

What I would do differently

One thing I did this week that I am glad about

However small. Progress counts even when it does not feel like progress.

Next week

I will keep:

I will adjust:

One difficult window I already know is coming, and my plan for it:

PLAN > PRACTISE > NOTICE > REFLECT > ADJUST

Now build next week's plan with this page beside you.

Return to your weekly planner and carry these adjustments into it. Bring what you noticed into Jenora when planning the week ahead.