

Name: _____

Date: _____

STRONG Student Weekly Reflection

<u>S</u>uccess	<i>Celebrate your wins.</i>
<u>T</u>rack Your Goals	<i>What are my goals? Am I making progress? What progress have you made?</i>
<u>R</u>ecover and Renew	<i>How did I support my mind, body, and spirit this past week? What will I do next week?</i>
<u>O</u>ptimize <i>Something to revisit that will help you do your best.</i>	<i>My guiding quote and/or affirmation(s) for the week.</i>
<u>N</u>ext Actions (To-Do List) <i>Check Skyward, email, and Google Classroom.</i>	<i>What are the three most important academic things to accomplish this coming week? Circle the most important task (Big Weight).</i>
<u>G</u>ratITUDE	<i>What are you grateful for? Think big or small.</i>

