



FROM THE HAPPY ATRIUM · OCCUPATIONAL

The Weekly Review

*You don't need a five-year plan.
You need to know what you're repeating.*

01

What Actually Got Built This Week?

One line: the single thing you're proudest of, even if it's small.

02

What Repeated Without You Noticing?

A habit or pattern — good or bad — that showed up more than once.

03

What Will You Repeat Next Week?

One small action, chosen on purpose, not by accident.

04

What's One Thing You Can Let Go Of?

Something taking up time or energy that isn't building toward anything.



*And the free version: before this week ends,
just ask yourself one of the four.*

Want to make it a habit?

Our guided journal has space for this, every week →

The
Happy Atrium

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