



Sunday Reflections

My Weekly Recognition Ritual

Your Sunday Reflection is about acknowledging and receiving your weekly growth.

As a consciously aware woman that is committed to your personal and spiritual development, you will be evolving and growing at a rapid rate.

It's SO easy to lose track of all that you have achieved because your life is moving so fast and your growth is exponential.

Our habit is to focus on what we haven't achieved, our set-backs and how we have dishonoured or sabotaged ourselves, played small or given our power away.

At the end of each week, it's super important to do a reality check and notice how much you HAVE achieved and how much you HAVE honoured and loved yourself. At the same time, you can notice where you didn't honour yourself and with love and compassion, put yourself back on track for the week ahead.

Remember:



EVERYTHING is progress. The smallest steps towards loving yourself count!



EVERY DAY is an opportunity for a new start. Infact, every single minute offers a chance to press 'control/alt/delete' and set the intention to restart your day!



YOU ARE ENOUGH. You are always doing your best and you deserve to be treated with compassion, respect and love - by yourself first!



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Answer these questions at the end of every week in your journal and enjoy being more deeply and honestly connected to your authentic, beautiful, lovable self!



On a scale of 1-10, how do you feel you related to yourself this week?
1 is "I was really hard on myself", 10 is "I loved and accepted myself completely!"



How did you playfully and joyfully engage and flirt with life this week? What did you do that made you feel really good?



How did you feel in your power this week? Where did you give it away?



How have you committed to manifesting your desires? What actions did you take?



What did you learn about yourself this week?



As you reflect back on each day of the week, what were your moods like? Can you start to see a pattern in relation to your menstrual cycle? How could you support yourself better at this stage of your cycle next month? (note that on your calendar now as a reminder)



What daily rituals / practices did you do? Please consider how you honoured and supported yourself on all levels - spiritual, physical, mental, emotional.



What are you grateful for? Write at least ten things!



What are you proud of accomplishing this week? (consider your business, relationships, health & fitness, finances, fun and adventure, self care etc).



My commitments for this new week ahead are