

Weekly Responsibility Tracker

Three Questions That Hand the Pen Back to You. [Read the blog post HERE.](#)

Week of: _____

1. If I could rewind to the last three choices that brought me here, what would I keep the same and what would I change?

Choice 1: _____

Keep / Change: _____

Choice 2: _____

Keep / Change: _____

Choice 3: _____

Keep / Change: _____

2. What am I still saying yes to, that's keeping me in a place I don't want to be?

Yes to:

Impact:

Yes to:

Impact:

Yes to:

Impact:

Plan to adjust next week: -----

3. If I took full ownership of this chapter of my life, what would I write in the next paragraph? *(Write it as if it's already happening)*

Weekly Reflection

What did I notice? -----

One action I'll take this week: -----

Tip: Keep this somewhere visible until next week. File each week in your binder and review at the end of the month to spot patterns in your choices, yeses, and next-paragraph visions.

For more personal development resources visit <https://www.inspirationalguidance.com>