



The Friday Reflection Tool

Once a week – reflect and evaluate your pathway to addiction prevention and recognition Key word: set 30 minutes in your calendar to do evaluation. Setting of time visible in your calendar is key to actually do it Self evaluation towards goals

*The Friday Reflection tool for the participant to fill in:
Looking back at my week*

1. Have I been there for my own goals this week

2. How have I followed my goal rather than begin “taken by everyday life”

3. What situations, habits or triggers made it harder?

4. Name two concrete things I did really well this week.



*The Friday Reflection tool for the participant to fill in:
Planning for next week*

One thing I want to
continue

One thing I want to
change

One
situation/trigger I
need to be aware
of

One concrete
action I will take
next week

Now put your next 30 minutes of Friday Reflection directly into your
calendar