

# Operation Goddess

## WEEKLY REVIEW & REFLECT WORKSHEET

Name:

Date:

Notice habits in your behaviour, emotions and thoughts and identify core beliefs with this worksheet. With these new realisations you will be able to go even more niche with your treatment plan and identify the session you require to help you achieve your goals.

My top 5 achievements this week included...

My favourite OG session this week was.....

The benefits I felt included.....

The highlight of my week was.....

This week I made myself proud when....

I will reward myself for this week's "wins" by...

## WEEKLY REVIEW & REFLECT WORKSHEET


### Page 2

When reviewing my week I observed the following recurring triggers and behaviour...

When reviewing my week I noticed the following recurring negative automatic thoughts....

When reviewing my week I noticed the following recurring emotions

The core belief that I am able to identify from my observations above is...



Now that I am more aware of these habitual thoughts and behaviour I can....

Revealing one of my core beliefs this week will enable me to...

To make effective change in the negatives I experienced last week I am committed to..... (Please tick and complete)

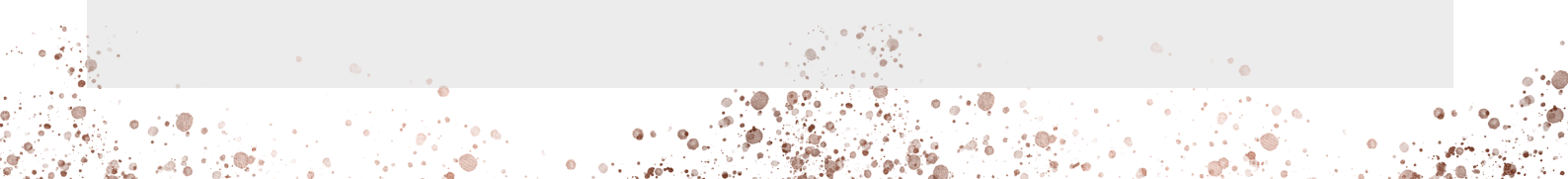
Sourcing & attending a Hypnotherapy session to create:

- Emotional change
- Behavioural / Habit change
- Core Belief / Fear shifts

Sourcing & completing a CBT session to create:

- Emotional change
- Behavioural / Habit change
- Core Belief / Fear shifts

Other actions I will take include...



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## Page 4

I will research sessions and worksheets I can add to my treatment plan on \_\_\_\_\_, and spend \_\_\_\_\_ of time doing it..

I will email the OG team and request any bespoke treatments or sessions that I discover I need

I will inspire the OG community by posting in the Facebook group about.....

My top 5 priority's for next week are....

I will make myself happy next week by.....

Next week I will make it amazing by.....

