

Weekly Focus Reflection Prompts

Use these reflection questions at the end of each week to help reinforce behavior change, spot patterns, and improve future focus. Pair this with your Weekly Focus Scorecard.

1. Focus Wins

- What helped you stay focused this week?
- Which day felt most productive, and why?

2. Distractions & Leaks

- What pulled your attention off course?
- Were there any recurring Peak Leaks™ this week?

3. Energy & Time Patterns

- When during the day did you feel most focused?
- What drained your energy or caused you to lose momentum?

4. Execution & Follow-Through

- What tasks or projects were completed successfully?
- Where did execution fall short—and why?

5. Adjustments for Next Week

- What will you do differently next week?
- What one habit, tool, or change would improve your focus?