



Weekly Reflection Journal

**Tools To Improve Your
Recovery**



“Acknowledge all of your small **victories. They will eventually add up to something **great**.”**

Kara Goucher - 2 x Olympian, Author “The Longest Race”

Rehab isn't just about what you do, it's about how you feel while doing it. Small wins in confidence, motivation, or positivity often come before big physical milestones. By noticing and celebrating these emotional shifts, you can build momentum, resilience, and self-belief that carry into every part of recovery.

This diary is designed to be simple: track what you did, how it felt physically, and how it felt emotionally. Over time, patterns emerge, not just in performance, but in experience. Those patterns can guide you and your provider to design rehab that works for both body and mind.




As these clients told us:

- “The program gave me the confidence to exercise again. It changed my mindset.”
- “I learnt a lot during the program and I'm more confident than when I started.”
- “I finished the programme excited about my future and my health — which I haven't felt in years.”



How to Use This Resource

Fill this out daily for one week (or longer). Each day, write the activity/task you did. Note how it felt physically (e.g., strong, tired, easy, hard). Mark how it felt emotionally:

-  Green = Positive (confident, motivated, proud)
-  Yellow = Neutral (okay, routine, no big change)
-  Red = Negative (frustrated, discouraged, anxious)

Share this diary with your provider. Use it to celebrate wins, troubleshoot challenges, and highlight emotional progress alongside functional gains.

MON

TUE

WED

THU

FRI

SAT

SUN

Activity / Task	How it Felt Physically	Emotional Check In	Notes / Reflections
Walked 20min	Fatiguing	● Confident	Good to be out



Weekly Reflection

Highlights of the week:

Challenges I faced:

Key Takeaways:

What I'd like to focus on next week: