

Rebuilding Social Circles

Day 7 - Review & Keep Going

Keep one win, fix one snag.

Why this helps

Reflection prevents backsliding and keeps momentum. Keeping one success and adjusting one challenge makes the plan sustainable.

How to do it

Answer three prompts: (1) What worked? (2) What was hard? (3) What will I do next week? Update your habit and two contacts to reach out to.

Example

Worked: park walk with Imran. Hard: afternoon energy low. Next: move calls to mornings; keep Saturday walkers; schedule two messages on Tuesday.

Activity - Weekly Review

One win to keep

One snag to fix

Two contacts for next week

Updated habit (what/when)
