



A WEEKLY CHECK-IN

Garden Report Card

For the weeks you're sure you got nothing done. Fill it in on Friday, or whenever your week ends.

Week of _____

1 What I finished this week

Big or small, it all counts. Stuck? Look at your calendar, your texts, your photos and your sent email.

2 Rate your week

Circle one number in each row, then add the four together.

Mattered vs busy work

Did my time go to things that moved something forward?

Mostly busy work

1	2	3	4	5
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Mostly things that mattered

Recharge

Did I make time to rest and refill? Rest counts here.

Barely rested

1	2	3	4	5
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Made real time to refill

Energy + body

How did my energy and nerves hold up?

Running on fumes

1	2	3	4	5
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Steady and settled

Gratitude + good things

Did I notice the good parts of my week?

Didn't notice much

1	2	3	4	5
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Noticed a lot

Add your four numbers **My bloom score** / 20

3 Find your bloom

Every stage is part of a garden. None of them is a bad grade.



4 TO 8

Resting roots

A slower week. Roots grow underground where you can't see them, and rest is part of that.



9 TO 12

Sprouting

Something came up this week. Name one thing that helped it along.



13 TO 16

Budding

A steady week. Write down what worked so you can do it again.



17 TO 20

Full bloom

Enjoy this one. Note what made it work, without turning it into next week's bar.

What I noticed

Anything that surprised you about this week.

Next week, I'll make room for

One thing that matters, and one way to recharge.
