

Progress & Resilience Checklist – Weekly Assessment for the Month

Use this table to review your checklist across the weeks of a month:

Checklist for Month:_____	Week 1	Week 2	Week 3	Week 4	Week 5
I maintained daily consistency.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I practiced self-care when stressed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I celebrated small wins.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I reviewed my systems weekly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I sought feedback and support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How to Evaluate Your Weekly Results

Each week, review your checklist and use the table to mark your progress. The goal is not perfection—it’s **awareness, consistency, and improvement** over time.

1. Count Your Weekly Checkmarks

At the end of each week:

- Count how many items you checked.
- Write the total at the bottom or in your notes.
- Use it as a snapshot of how well you stayed aligned with your habits.

Interpretation:

- **5/5:** Excellent alignment — strong consistency.
- **3–4/5:** Good — some gaps, but solid progress.
- **1–2/5:** Needs attention — identify what disrupted your routine.
- **0/5:** A signal to reset or simplify.

2. Look for Patterns Across Weeks

Compare week-to-week:

- Which items are consistent?

- Which ones are often unchecked?
- Are certain weeks stronger or weaker?

Patterns reveal:

- Habit stability
- Environmental or emotional cycles
- Areas needing system improvement

3. Identify Your Strongest Resilience Signals

Items checked for multiple weeks indicate:

- Stable habits
- Integrated behavior
- Strengths you can build on

These are your **anchors**.

4. Highlight Areas That Need System Support

Unchecked items may indicate:

- Overload
- Misaligned expectations
- Missing systems
- Environmental blockers
- Emotional or physical strain

Use this insight to adjust routines or add support structures.

5. Evaluate Trends at the End of the Month

Reflect on the month:

- Did I improve?
- Did I decline?
- Did I stay consistent?

Ask:

- What supported my progress?
- What disrupted it?
- What should I redesign for next month?

6. Decide Your Next Adjustment

Based on monthly reflection:

- Add/remove tasks
- Adjust timing
- Set new micro-goals
- Add reminders or support systems

Evaluation goal:

👉 **Transform reflection into system improvements.**

7. Celebrate Forward Movement

Even small progress counts:

- Highlight your strongest week
- Write a brief win summary
- Note what you want to repeat next month

Progress compounds when recognized.