

**Week 1**  
Awareness

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Easy Swaps

**Week 3**  
Systems

**Week 4**  
Make It Last

# Weekly Reflection Sheets

*Pause, reflect, and build lower-waste habits that last.*

A companion tool for the Ed2S 30-Day Zero Waste Challenge

*"Progress becomes clearer when you pause and reflect."*

**7**  
Pages

**4**  
Weekly Sheets

**30-Day**  
Review

**Print**  
Friendly

*"Reflection turns small actions into lasting change."*

Created by Education2Success · Education2Success.org



# Why Reflect Each Week?

**"You may be making more progress than you realize."**

Ed2S Weekly Reflection Sheets · Core Principle

## Daily actions build habits. Reflection builds understanding.

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Doing the challenge is valuable, but pausing to notice what happened is what turns short-term actions into lasting change. Reflection helps you see what is actually working.

## Patterns become clearer when you look back.

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When you are in the middle of a busy week, small wins go unnoticed. The end-of-week pause helps you recognize effort and progress you might otherwise overlook.

## Challenges are part of learning, not proof of failure.

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Noticing what didn't work is just as useful as noticing what did. A barrier you can name is a barrier you can plan around next time.

## Better awareness leads to better systems.

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Weekly reflection often reveals recurring patterns, a repeated obstacle, a surprise win, a habit that's quietly becoming automatic. Those patterns guide your next steps.

**This is not about judging your week. It is about understanding it.**

### Best way to use these sheets:

1. Fill one out at the end of each week, it takes just 5–10 minutes.
2. Be honest, not harsh. Judgment is not the goal here.
3. Look for patterns, not perfection.
4. Pick one realistic focus for the week ahead.

WEEK 1 · Awareness

## Week 1 Reflection: Awareness

*This week was about paying attention to what you throw away, where it comes from, and what patterns are already part of your daily routine.*

### 01 What I Noticed

*What type of waste showed up most often this week?*  
*What surprised me most about my waste habits?*  
*What pattern did I notice that I had not seen before?*

### 02 What Felt Easy

*What part of this week felt easiest?*  
*Was there anything I was already doing better than I expected?*

### 03 What Felt Difficult

*What felt uncomfortable or hard to notice this week?*  
*What made it harder to stay aware throughout the day?*

### 04 What I Want to Improve Next

*What is one waste habit I want to pay closer attention to next week?*  
*What feels like the easiest improvement from what I learned?*

How aware did I feel of my waste this week?

1

2

3

4

5

*You do not need a perfect week to make progress. What matters is that you noticed, tried, and kept going.*

WEEK 2 · Easy Swaps

## Week 2 Reflection: Easy Swaps

*This week focused on trying practical lower-waste swaps and seeing what felt realistic in everyday life.*

### 01 Swaps I Tried

*Which lower-waste swaps did I try this week?*

*Which one felt the most natural or easiest to keep?*

### 02 What Helped

*What made certain swaps easier to maintain?*

*Did any swap save time, money, or reduce stress?*

### 03 What Got in the Way

*Which swap felt hardest to maintain?*

*What barrier showed up most — forgetting, convenience, cost, or routine?*

### 04 What I Want to Keep

*Which one or two swaps would I realistically keep using?*

*What small adjustment would make them even easier next week?*

How realistic did this week's swaps feel for my life?

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*You do not need a perfect week to make progress. What matters is that you noticed, tried, and kept going.*

WEEK 3 · Better Systems

## Week 3 Reflection: Better Systems

*This week focused on creating simple systems that reduce friction and support lower-waste choices automatically.*

### 01 Systems I Changed

*What system or setup change did I make this week?*

*Did anything in my home, bag, fridge, or routine become easier?*

### 02 What Made a Difference

*What small system change had the biggest impact?*

*What helped reduce waste without requiring extra effort?*

### 03 Ongoing Friction

*What still makes lower-waste choices harder than they should be?*

*Where does convenience still win in my routine?*

### 04 My Next System Improvement

*What is one system I want to improve next?*

*What simple setup would make sustainable choices easier next week?*

How supported did my environment feel this week?

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*You do not need a perfect week to make progress. What matters is that you noticed, tried, and kept going.*

WEEK 4 · Make It Last

## Week 4 Reflection: Make It Last

*This week focused on deciding what feels realistic to keep and how to carry your progress forward after Day 30.*

### 01 What Changed

*What has changed most in how I think about waste?  
What habit or mindset shift feels most important?*

### 02 What I Want to Keep

*What are the top 3 low-waste habits or systems I want to continue?  
Why do these feel like the best fit for my life?*

### 03 What I Still Need to Work On

*What area still feels inconsistent or difficult?  
What kind of support or system would help me improve?*

### 04 My Next Step

*What is one realistic commitment I want to carry into the next 30 days?  
What reminder or routine will help me stay consistent?*

How confident do I feel about continuing after this challenge?

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*You do not need a perfect week to make progress. What matters is that you noticed, tried, and kept going.*

## My 30-Day Reflection

Connect the full experience into a meaningful takeaway.

Take 10–15 minutes with this page. Look back at all four weeks together.

### 01 Biggest Lessons

*What are the biggest things I learned during these 30 days?*

*What surprised me most about my habits, waste, or routines?*

### 02 Personal Growth

*How has my mindset around sustainability changed?*

*What feels more realistic now than it did at the beginning?*

### 03 Strongest Habits

*Which habits or systems feel most worth keeping?*

*What was my easiest win and biggest impact?*

### 04 Future Focus

*What is one low-waste goal for the next 30 days?*

*What do I want to remember when life gets busy?*

*What does "progress over perfection" mean to me now?*

### My Top 3 Takeaways

1.

2.

3.

**You do not need to do everything perfectly to make meaningful progress.**

What matters most is that you noticed, tried, adjusted, and kept going.

*Thank you for supporting Ed2S and taking practical steps toward a more thoughtful, lower-waste lifestyle.*