



32HOURGROUP.COM

# CYCLE REFLECTION WORKSHEET

Name (optional): \_\_\_\_\_

Cycle Dates: \_\_\_\_\_

Location / Context (optional): \_\_\_\_\_





01

### Cycle Orientation

Before reflecting, pause.  
Take three slow breaths.

This worksheet is not an evaluation.  
It is an observation.

02

### Cycle Overview

Did this cycle feel:

Rushed  Balanced  Fragmented  Grounded  Incomplete  Complete

03

### The Five Domains Check-In

Rate each domain **honestly**, not aspirationally.  
(0 = not present, 5 = fully honored)

Creation — Focused Work / Learning

Score (0–5): 0 1 2 3 4 5

What received your deepest attention? \_\_\_\_\_

Did you complete at least one thing fully?  
 Yes  No  Partially

Maintenance — Health / Stability / Admin

Score (0–5): 0 1 2 3 4 5

What supported your stability this cycle? \_\_\_\_\_

What was neglected?  
 Yes  No  Partially

Connection — People / Community / Service

Score (0–5): 0 1 2 3 4 5

Where did you feel most present with others? \_\_\_\_\_

Where did you feel absent or distracted?  
 Yes  No  Partially

Rest — Sleep / Stillness / Recovery

Score (0–5): 0 1 2 3 4 5

Did rest feel complete or interrupted?

Complete  Interrupted  Avoided \_\_\_\_\_

What interfered with rest, if anything? \_\_\_\_\_



04

### Balance & Repair

Which domain was weakest this cycle?

Creation  Maintenance  Reflection  Connection  Rest

What is one small repair you can make next cycle?

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*(Repair is not punishment. It is restoration.)*

05

### Urgency Check

Where did urgency appear that wasn't truly necessary?

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What would change if you did that more slowly next cycle?

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06

### Sufficiency Statement

Complete the sentence:

*This cycle reminds me that time is sufficient when I...*

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07

### Intention for the Next Cycle

Choose no more than three intentions.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

One thing you will protect: \_\_\_\_\_

One thing you will release: \_\_\_\_\_

08

### Closing

You are not behind.

You are practicing.

A day is 32 hours.

Live accordingly.

