

2024
—
ABS

MY PERSONAL VISION

Role:	Role:	Role:
Role:	Role:	Role:
Role:	Role:	Role:

TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

<input type="radio"/>	_____	<input type="radio"/>	_____
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MY GOALS

Who will I share my goals with (accountability)? _____

When will I report on my goals (accountability)?

THE SIX-STEP PROCESS

Name(s): _____ Date: _____

Challenge/Problem/Opportunity: _____

1. WHAT IS THE VISION?

2. WHAT IS THE CURRENT REALITY?

3. IDENTIFY THE REAL ISSUE

Is there a gap between the vision and current reality? If so, do a gap analysis and continue to ask why until you identify the ROOT cause for the gap.

4. WHAT ARE THE BEST OPTIONS?

This is a go-no-go point. If your options will help you solve the real issue and achieve the vision, then go to the next step. If not, what is still missing to address the real issue and achieve the vision?

5. DEVELOP AND IMPLEMENT THE PLAN

- Review potential threats as well as any required resources.
 - Review lessons learned from anyone who has previously done what you want to do.
 - The most important part of the process: Identify WHO will do WHAT by WHEN?

Red Team the Plan. Have one to four people review your plan to identify what might be missing.

6. DEBRIEF AND EVALUATE RESULTS

What worked well? What didn't work well?

What are your lessons learned?

Did you achieve the vision?

If so, great! If not, apply the new lessons learned and repeat the Six-Step Process.

MY LIFE VISION

MY VALUES

TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

MY GOALS

Who will I share my goals with (accountability)? _____

When will I report on my goals (accountability)?

WORKOUT LOG

MEAL LOG

MONDAY January 1

WEEK OF THE QUARTER **1** 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

A person is a genius when he is dreaming.

Akira Kurosawa

Hydrate

Sleep 7 - 9 hrs

TUESDAY January 2

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

7 _____

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WELL-BEING

Fitness	Meals
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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

A goal properly set is halfway reached.

Zig Ziglar

Hydrate

Sleep 7 - 9 hrs

WEDNESDAY January 3

WEEK OF THE QUARTER **1** 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Be happy for this moment. This moment is your life.

Omar Khayyam

THURSDAY January 4

WEEK OF THE QUARTER **1** 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

Beware the barrenness of a busy life.

Socrates

FRIDAY January 5

WEEK OF THE QUARTER **1** 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Communication works for those who work at it.

John Powell

SATURDAY January 6

WEEK OF THE QUARTER **1** 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

*Do what you can, with what you have, where
you are.*

Theodore Roosevelt

SUNDAY January 7

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

Don't take counsel from your fears.

Thomas S. Monson

MONDAY January 8

WEEK OF THE QUARTER 1 **2** 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

WELL-BEING

Fitness

Meals

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Dreams are necessary to life.

Anais Nin

Hydrate

Sleep 7 - 9 hrs

MY PERSONAL VISION AND GOALS

"YOU WILL EITHER LEAD A LIFE BY DESIGN OR LIVE A LIFE BY DEFAULT!"

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision:

GOAL(S)

Physical:

Mental:

Emotional:

Spiritual:

Role:

Vision:

Goal(s):

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Accountability: I will share my goals with _____

WORKOUT LOG

TUESDAY January 9

WEEK OF THE QUARTER 1 **2** 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Either you run the day or the day runs you.

Jim Rohn

WELL-BEING

Fitness

Meals

Hydrate

Sleep 7 - 9 hrs

WEDNESDAY January 10

WEEK OF THE QUARTER 1 **2** 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

WELL-BEING

Fitness	Meals
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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Everything that is real was imagined first.

The Velveteen Rabbit

Hydrate

Sleep 7 - 9 hrs

THURSDAY January 11

WEEK OF THE QUARTER 1 **2** 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Everything you can imagine is real.

Pablo Picasso

FRIDAY January 12

WEEK OF THE QUARTER 1 **2** 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

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WELL-BEING

Fitness

Meals

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Find out who you are. And do it on purpose.

Dolly Parton

Hydrate

Sleep 7 - 9 hrs

SATURDAY January 13

WEEK OF THE QUARTER 1 **2** 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

7 _____

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WELL-BEING

Fitness

Meals

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Have courage and be kind.

Cinderella

Hydrate

Sleep 7 - 9 hrs

SUNDAY January 14

WEEK OF THE QUARTER 1 **2** 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

If knowledge is power, learning is your superpower.

Jim Kwik

MY PERSONAL VISION AND GOALS

"YOU WILL EITHER LEAD A LIFE BY DESIGN OR LIVE A LIFE BY DEFAULT!"

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision:

GOAL(S)

Physical:

Mental:

Emotional:

Spiritual:

Role:

Vision:

Goal(s):

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Accountability: I will share my goals with _____

WORKOUT LOG

MONDAY January 15

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

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WELL-BEING

Fitness

Meals

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

In a gentle way, you can shake the world.

Mahatma Gandhi

Hydrate

Sleep 7 - 9 hrs

TUESDAY January 16

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

Indulge your imagination in every possible flight.

Jane Austen

WEDNESDAY January 17

WEEK OF THE QUARTER 1 2 **3** 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

It always seems impossible until it's done.

Nelson Mandela

THURSDAY January 18

WEEK OF THE QUARTER 1 2 **3** 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

WELL-BEING

Fitness	Meals
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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

It takes as much energy to wish as it does to plan.

Eleanor Roosevelt

Hydrate

Sleep 7 - 9 hrs

FRIDAY January 19

WEEK OF THE QUARTER 1 2 **3** 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

WELL-BEING

Fitness

Meals

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Life itself is the proper binge.

Julia Child

Hydrate

Sleep 7 - 9 hrs

SATURDAY January 20

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

WELL-BEING

Fitness	Meals
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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

My life is my message.

Mahatma Gandhi

Hydrate

Sleep 7 - 9 hrs

SUNDAY January 21

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Never. Never. Never! Never give up!

Winston Churchill

MONDAY January 22

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

No act of kindness, however small, is ever wasted.

Aesop

MY PERSONAL VISION AND GOALS

"YOU WILL EITHER LEAD A LIFE BY DESIGN OR LIVE A LIFE BY DEFAULT!"

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision:

GOAL(S)

Physical:

Mental:

Emotional:

Spiritual:

Role:

Vision:

Goal(s):

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Accountability: I will share my goals with _____

WORKOUT LOG

TUESDAY January 23

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____
Nobody is too busy. It's just a matter of priority.
Anonymous

WEDNESDAY January 24

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

WELL-BEING

Fitness

Meals

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Only I can change my life. No one can do it for me.

Carol Burnett

Hydrate

Sleep 7 - 9 hrs

THURSDAY January 25

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

Plan your work and work your plan.

Napolean Hill

FRIDAY January 26

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Remember that failure is an event, not a person.

Zig Ziglar

SATURDAY January 27

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

WELL-BEING

Fitness	Meals
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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Rise and rise again until lambs become lions.

Robin Hood

Hydrate

Sleep 7 - 9 hrs

SUNDAY January 28

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

I'm grateful for _____

The best thing to hold onto in life is each other.

Audrey Hepburn

WELL-BEING

Fitness

Meals

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Hydrate

Sleep 7 - 9 hrs

MY PERSONAL VISION AND GOALS

"YOU WILL EITHER LEAD A LIFE BY DESIGN OR LIVE A LIFE BY DEFAULT!"

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision:

GOAL(S)

Physical:

Mental:

Emotional:

Spiritual:

Role:

Vision:

Goal(s):

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Accountability: I will share my goals with _____

WORKOUT LOG

MONDAY January 29

WEEK OF THE QUARTER 1 2 3 4 **5** 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

The hard days are what make you stronger.

Aly Raisman

TUESDAY January 30

WEEK OF THE QUARTER 1 2 3 4 **5** 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

WELL-BEING

Fitness	Meals
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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

The secret of getting ahead is getting started.

Mark Twain

Hydrate

Sleep 7 - 9 hrs

WEDNESDAY January 31

WEEK OF THE QUARTER 1 2 3 4 **5** 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

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WELL-BEING

Fitness	Meals
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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

The secret to success: stop wishing, start doing.

Steve Jobs

Hydrate

Sleep 7 - 9 hrs

THURSDAY February 1

WEEK OF THE QUARTER 1 2 3 4 **5** 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
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Hydrate

Sleep 7 - 9 hrs

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REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

The time is always right to do what is right.

Martin Luther King Jr.

MY LIFE VISION

MY VALUES

TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

MY GOALS

Who will I share my goals with (accountability)? _____

When will I report on my goals (accountability)?

WORKOUT LOG

MEAL LOG

FRIDAY February 2

WEEK OF THE QUARTER 1 2 3 4 **5** 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

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9 _____

WELL-BEING

Fitness

Meals

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

There is no virtue like mercy.

Chanakya

Hydrate

Sleep 7 - 9 hrs

SATURDAY February 3

WEEK OF THE QUARTER 1 2 3 4 **5** 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

To me, failure means not trying.

Sarah Blakely

SUNDAY February 4

WEEK OF THE QUARTER 1 2 3 4 **5** 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

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PERSONAL TO DO

6 _____

7 _____

8 _____

9 _____

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Whatever you are, be a good one.

Abraham Lincoln

Hydrate

Sleep 7 - 9 hrs

MONDAY February 5

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
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5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

When deeds speak, words are nothing.

Pierre-Joseph Proudhon

MY PERSONAL VISION AND GOALS

"YOU WILL EITHER LEAD A LIFE BY DESIGN OR LIVE A LIFE BY DEFAULT!"

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision:

GOAL(S)

Physical:

Mental:

Emotional:

Spiritual:

Role:

Vision:

Goal(s):

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Accountability: I will share my goals with _____

WORKOUT LOG

TUESDAY February 6

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

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4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Where thou art, that is home.

Emily Dickinson

Hydrate

Sleep 7 - 9 hrs

WEDNESDAY February 7

WEEK OF THE QUARTER 1 2 3 4 5 **6** 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

6 _____

7 _____

8 _____

9 _____

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Whoever is happy will make others happy too.

Anne Frank

Hydrate

Sleep 7 - 9 hrs

THURSDAY February 8

WEEK OF THE QUARTER 1 2 3 4 5 **6** 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

You just can't beat the person who won't give up.

Babe Ruth

FRIDAY February 9

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

You must do the things you think you cannot do.

Eleanor Roosevelt

SATURDAY February 10

WEEK OF THE QUARTER 1 2 3 4 5 **6** 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

A person is a genius when he is dreaming.

Akira Kurosawa

Hydrate

Sleep 7 - 9 hrs

SUNDAY February 11

WEEK OF THE QUARTER 1 2 3 4 5 **6** 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

A goal properly set is halfway reached.

Zig Ziglar

MY PERSONAL VISION AND GOALS

"YOU WILL EITHER LEAD A LIFE BY DESIGN OR LIVE A LIFE BY DEFAULT!"

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision:

GOAL(S)

Physical:

Mental:

Emotional:

Spiritual:

Role:

Vision:

Goal(s):

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Accountability: I will share my goals with _____

WORKOUT LOG

MONDAY February 12

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Be happy for this moment. This moment is your life.

Omar Khayyam

TUESDAY February 13

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

Beware the barrenness of a busy life.

Socrates

WEDNESDAY February 14

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Communication works for those who work at it.

John Powell

THURSDAY February 15

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

*Do what you can, with what you have, where
you are.*

Theodore Roosevelt

Hydrate

Sleep 7 - 9 hrs

FRIDAY February 16

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

Don't take counsel from your fears.

Thomas S. Monson

SATURDAY February 17

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

7 _____

8 _____

9 _____

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Dreams are necessary to life.

Anais Nin

Hydrate

Sleep 7 - 9 hrs

SUNDAY February 18

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
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4 _____
5 _____
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7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Either you run the day or the day runs you.

Jim Rohn

MONDAY February 19

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Everything that is real was imagined first.

The Velveteen Rabbit

MY PERSONAL VISION AND GOALS

"YOU WILL EITHER LEAD A LIFE BY DESIGN OR LIVE A LIFE BY DEFAULT!"

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision:

GOAL(S)

Physical:

Mental:

Emotional:

Spiritual:

Role:

Vision:

Goal(s):

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Accountability: I will share my goals with _____

WORKOUT LOG

TUESDAY February 20

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
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2 _____
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4 _____
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6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Everything you can imagine is real.

Pablo Picasso

WEDNESDAY February 21

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

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6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

6 _____

7 _____

8 _____

9 _____

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Find out who you are. And do it on purpose.

Dolly Parton

Hydrate

Sleep 7 - 9 hrs

THURSDAY February 22

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

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7 _____

8 _____

9 _____

PERSONAL TO DO

7 _____

8 _____

9 _____

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Have courage and be kind.

Cinderella

Hydrate

Sleep 7 - 9 hrs

FRIDAY February 23

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
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4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

If knowledge is power, learning is your superpower.

Jim Kwik

SATURDAY February 24

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

7 _____

8 _____

9 _____

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

In a gentle way, you can shake the world.

Mahatma Gandhi

Hydrate

Sleep 7 - 9 hrs

SUNDAY February 25

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____

Indulge your imagination in every possible flight.

Jane Austen

MY PERSONAL VISION AND GOALS

"YOU WILL EITHER LEAD A LIFE BY DESIGN OR LIVE A LIFE BY DEFAULT!"

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision:

GOAL(S)

Physical:

Mental:

Emotional:

Spiritual:

Role:

Vision:

Goal(s):

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Accountability: I will share my goals with _____

WORKOUT LOG

MONDAY February 26

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 **9** 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

It always seems impossible until it's done.

Nelson Mandela

TUESDAY February 27

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

WELL-BEING

Fitness

Meals

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

It takes as much energy to wish as it does to plan.

Eleanor Roosevelt

Hydrate

Sleep 7 - 9 hrs

WEDNESDAY February 28

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

6 _____

7 _____

8 _____

9 _____

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Life itself is the proper binge.

Julia Child

Hydrate

Sleep 7 - 9 hrs

THURSDAY February 29

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

My life is my message.

Mahatma Gandhi

Hydrate

Sleep 7 - 9 hrs

MY LIFE VISION

MY VALUES

TOTALLY INSPIRATIONAL 1-3 YEAR GOALS

MY GOALS

Who will I share my goals with (accountability)? _____

When will I report on my goals (accountability)?

WORKOUT LOG

MEAL LOG

FRIDAY March 1

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 **9** 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Never. Never. Never! Never give up!

Winston Churchill

SATURDAY March 2

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

PERSONAL TO DO

WELL-BEING

Fitness

Meals

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

No act of kindness, however small, is ever wasted.

Aesop

Hydrate

Sleep 7 - 9 hrs

SUNDAY March 3

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

REFLECTION AND GRATITUDE

Today's biggest win _____
I'm grateful for _____
Nobody is too busy. It's just a matter of priority.
Anonymous

Hydrate

Sleep 7 - 9 hrs

MONDAY March 4

WEEK OF THE QUARTER 1 2 3 4 5 6 7 8 9 10 11 12 13

- Have I reviewed my pre-week planning priorities for today?

What three priorities or tasks matter most today?

PROFESSIONAL TO DO

PERSONAL TO DO

WELL-BEING

Fitness	Meals
---------	-------

Hydrate

Sleep 7 - 9 hrs

7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____

REFLECTION AND GRATITUDE

Today's biggest win _____

I'm grateful for _____

Only I can change my life. No one can do it for me.

Carol Burnett

MY PERSONAL VISION AND GOALS

"YOU WILL EITHER LEAD A LIFE BY DESIGN OR LIVE A LIFE BY DEFAULT!"

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision:

GOAL(S)

Physical:

Mental:

Emotional:

Spiritual:

Role:

Vision:

Goal(s):

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Role: _____

Vision: _____

Goal(s): _____

Accountability: I will share my goals with _____

WORKOUT LOG

MEETING NOTES

Meeting _____ Date: _____

ATTENDEES

PURPOSE

TOPICS

NOTES

WHO

WHAT

WHEN