

Week #	Reflections and Insights
Last week I built momentum: disagree -2 -1 0 +1 +2 agree	
Notable achievements from last week:	
<hr/> <hr/> <hr/>	
Lessons Learned From Last Week	
<hr/> <hr/> <hr/>	
Unfinished Business	
<hr/> <hr/> <hr/>	
What do I need to prioritize for growth?	
<hr/> <hr/> <hr/>	
Thoughts and Reflections	
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
I appreciate...	
<hr/> <hr/>	

Week #	Prep		Start:	/	/ 20
Goal 1			Goal 2		
.....				
.....				
.....				
Goal 3			Goal 4		
.....				
.....				
.....				
Visualize Your Week					
Sketch a visual of your expectations for the week.					
How can I find the most fulfillment in these areas?					
Health			Connection		
.....				
Enjoyment			Job		
.....				
In the coming week, I'm eager to experience:					
.....				

Mon Tue Wed Thu Fri Sat Sun

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Values

Time Well Spent

05:00

06:00

07:00

08:00

09:00

Primary Efforts

Alignment

10:00

11:00

12:00

13:00

14:00

To Do

15:00

16:00

Gratitude

17:00

Where can I invite more ease?

18:00

A tiny triumph or epic win...

19:00

Emotional and values check-in:

20:00

21:00

It always seems impossible until it's done. — Nelson Mandela

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What roadblock do I need to address?

18:00

A tiny triumph or epic win...

19:00

Emotional and values check-in:

20:00

21:00

Be yourself; everyone else is already taken. – Oscar Wilde

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16:00

How can I embrace discomfort?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

Although the world is full of suffering, it is also full of the overcoming of it. — Helen Keller

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What am I avoiding?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

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21:00

Every morning we are born again. What we do today is what matters most. — Buddha

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What can I let go of?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

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21:00

You cannot escape the responsibility of tomorrow by evading it today. — Abraham Lincoln

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What am I learning about myself?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

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The most important thing in life is to learn how to give out love, and to let it come in. — Morrie Schwartz

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To Do

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Gratitude

17:00

How can I care for myself today?

18:00

A tiny triumph or epic win...

19:00

Emotional and values check-in:

20:00

21:00

Your body hears everything your mind says. — Naomi Judd