

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

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

Mon Tue Wed Thu Fri Sat Sun / / 20

### Values

### Time Well Spent

05:00

06:00

## Primary Efforts

## Alignment

07:00

08:00

09:00

## To Do

10:00

11:00

12:00

13:00

14:00

## Gratitude

15:00

16:00

Where can I invite more ease?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

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

This image shows a full page of handwriting practice paper. It features ten identical sets of horizontal guidelines arranged vertically. Each set includes three lines: a solid top line, a dashed middle line, and a solid bottom line, providing a structured space for practicing letter formation and alignment. The paper is otherwise blank, with no text or markings other than the guidelines.

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## Primary Efforts

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## Gratitude

15:00

16:00

What roadblock do I need to address?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

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

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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

Handwriting practice area with multiple sets of three horizontal lines (solid top and bottom, dashed middle) for letter formation practice.

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16:00

What am I avoiding?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

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

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## Gratitude

15:00

16:00

What can I let go of?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

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

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal lines designed for handwriting practice. Each set consists of three lines: a solid top line, a dashed midline, and a solid bottom line. These sets are repeated down the entire page, providing ample space for practicing letter formation and alignment. The paper is otherwise blank, with no text or other markings.

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Gratitude

15:00

16:00

What am I learning about myself?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

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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21:00

## Primary Efforts

## Alignment

To Do

## Gratitude

How can I care for myself today?

A tiny triumph or epic win...

Emotional and values check-in:

Your body hears everything your mind says. — Naomi Judd

[illegible]