

Last Week's Primary Effort Completion: %

Notable achievements from last week include:

Lessons Learned From Last Week

[]

[]

[]

Unfinished Business

Visualize Your Week

Sketch a visual of your expectations for the week.

What do I need to prioritize for growth?

I appreciate...

In the coming week, I'm eager to experience:

Goals for Week: / / 20 → / / 20

Habit	Target	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Tally

Goal 1

Goal 2

Goal 3

Goal 4

☐ Specific

☐ Measurable

☐ Achievable

How can I find the most fulfillment in these areas?

Health

Connections

Enjoyment

Job