

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		Connections				
<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

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

Primary Efforts

Alignment

To Do

Gratitude

Where can I invite more ease?

A tiny triumph or epic win...

Emotional and values check-in:

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

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09:00

To Do

10:00

11:00

12:00

13:00

14:00

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

[illegible]

Values

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05:00

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07:00

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09:00

To Do

10:00

11:00

12:00

13:00

14:00

Gratitude

15:00

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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19:00

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21:00

Primary Efforts

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Gratitude

What am I avoiding?

A tiny triumph or epic win...

Emotional and values check-in:

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

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14:00

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

[illegible]

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12:00

13:00

14:00

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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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

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.