Week #	Reflections a	nd Insights						
Last week I	built momentum:	disagree	-2	-1	0	+1	+2	agree
Notable achiev	ements from last w	eek:						
Lessons Learne	d From Last Week							
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Unfinished Busi	ness							
What do I ne	ed to prioritize	e for growth?						
Thoughts and	Reflections							
I appreciate								

Week #	Re	flections a	and Insi	ghts						
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Notable achieve	ements	from last v	week:							
Lessons Learned	d From	Last Week								
Unfinished Busi	ness									
What do I ne	ed to	prioritiz	ze for g	rowth?	•					
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w can I find the most fulfillment in these areas?  How can I find the most fulfillment in these areas?  Health	3	Goal 4
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Gratitude	15:00
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Where can I invite more ease?	- 1
	17:00
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A tiny triumph or epic win	18:00
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Emotional and values check-in:	] ———
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It always seems impossible until it's done. — Nelson Mandel	a

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

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A tiny triumph or epic win	18:00
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Be yourself; everyone else is already taken. $-$ Oscar Wild	le

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

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

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

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

You cannot escape the responsibility of tomorrow by evading it today. — Abraham Lincoln
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The most	important thing in life is to learn how to give out love, and to be in. $-$ Morrie Schwartz

The mos	t important thing in life is to learn how to give out love, and to ne in. — Morrie Schwartz

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Your body hears everything your mind says. — Naomi Judd

Your bo	ody hears everything your mind says. — Naomi Judd