

Week #

Reflections and Insights

Last week I built momentum: disagree -2 -1 0 +1 +2 agree

Notable achievements from last week:

Lessons Learned From Last Week

Unfinished Business

What do I need to prioritize for growth?

Thoughts and Reflections

I appreciate...

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Reflections and Insights

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What do I need to prioritize for growth?

Thoughts and Reflections

I appreciate...

Week #	Prep		Start:	/	/ 20
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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:

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Goal 1

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Visualize Your Week

Sketch a visual of your expectations for the week.



How can I find the most fulfillment in these areas?

Health

Connection

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Job

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

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Values

Time Well Spent

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Gratitude

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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

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Values

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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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Primary Efforts

Alignment

To Do

Gratitude

What roadblock do I need to address?

A tiny triumph or epic win...

Emotional and values check-in:

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Primary Efforts

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What roadblock do I need to address?

A tiny triumph or epic win...

Emotional and values check-in:

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

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Primary Efforts

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How can I embrace discomfort?

A tiny triumph or epic win...

Emotional and values check-in:

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Primary Efforts

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How can I embrace discomfort?

A tiny triumph or epic win...

Emotional and values check-in:

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?

A tiny triumph or epic win...

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Primary Efforts

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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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What can I let go of?

A tiny triumph or epic win...

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Emotional and values check-in:

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

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What am I learning about myself?

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How can I care for myself today?

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Gratitude

A tiny triumph or epic win...

Emotional and values check-in:

Your body hears everything your mind says. — Naomi Judd

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