

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

I appreciate...

What do I need to prioritize for growth?

Thoughts and Reflections

Goals for Week #      /      / 20      →      /      / 20

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

Connections

Enjoyment

Job

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