Week #	Reflections and	Insights						
Last week I bui	lt momentum:	disagree	-2	-1	0	+1	+2	agree
Notable achieveme	nts from last weel	k:						
Lessons Learned Fro	om Last Week							
Unfinished Business	5							
What do I need	to prioritize f	for growth?						
Thoughts and Re	flostions							
illoughts and ke	rtections							
l appreciate								

Week #	Reflections a	and Insights				
Last week I	built momentum:	: disagree	-2 -1	0	+1 +2	agree
Notable achie	vements from last v	week:				
Lessons Learn	ed From Last Week	:				
Unfinished Bu	siness					
What do I n	eed to prioritiz	ze for growth:	?			
Thoughts an	d Reflections					
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w can I find the most fulfillment in these areas? How can I find the most fulfillment in these areas? Alth Connections	k# Prep	Start: / / 20
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In the coming week, I'm eager to experience:	ne coming week, I'm eager t	to experience:

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Where can I invite more ease?	
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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 Mandela
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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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Emotional and values check-in:	
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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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Be yourself; everyone else is already taken. — Oscar Wilde

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

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

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

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Every morning matters most.	g we are born aga — Buddha	ain. What w	e do today	is what	

Every morning we are born again. What we do today is what matters most. $-\mbox{ Buddha}$

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

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

Mon Tu	ue	Wed	Thu	Fri	Sat	Sun	/		/ 2	20
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Gratitude	15:00
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What am I learning about myself?	
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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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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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Tour body	hears everything your mind says. — Naomi Judd

Your body hears everything your mind says. — Naomi Judd