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					
l appreciate						

Week # Prep   Star	rt: / / 20	Week # Prep	Sta	nrt: /	/ 20
Goal 1	Goal 2	Goal 1		Goal 2	
Goal 3	Goal 4	Goal 3		Goal 4	
Visualize Your Week		Visualize Your Week			
How can I find the most fulfillment in thes	se areas?	How can I find the most full	fillment in the	se areas?	
Health	Connections	Health		Connections	
Enjoyment	Job	Enjoyment		Job	
In the coming week, I'm eager to e	experience:	In the coming week, I'	m eager to e	experience:	

Mon Tu	ле	Wed	Thu	Fri	Sat	Sun	/		/	20
Values							Time	Well	Spe	nt
							 05:00			
							 06:00			
Primary Ef	fort	S	А	lignme	ent		07:00			
							 08:00			
							 09:00			
To Do							10:00			
							 11:00			
							 12:00			
							 13:00			
							 14:00			
Gratitude							15:00			
							16:00			
Where ca	n I	invite	тоге	ease?						
							 17:00			
A tiny t	riur	nph or	epic w	in			18:00			
							 19:00			
Emotiona	l ar	nd valu	es che	ck-in	:					
							 20:00			
							21:00			

Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
	06:00
Primary Efforts Alignment	07:00
	08:00
	09:00
То Do	10:00
	11:00
	12:00
	. 13:00
	14:00
Gratitude	15:00
oractiode	
	16:00
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

It always seems impossible until it's done. — Nelson Mandela
······································
<del></del>
<del></del>

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

Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
	06:00
Primary Efforts Alignment	07:00
	08:00
	09:00
To Do	10:00
	11:00
	12:00
	13:00
	14:00
G 1	
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

Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
·····	05:00
	06:00
<del></del>	
Primary Efforts Alignment	07:00
	08:00
	09:00
То Do	10:00
	11:00
	12:00
	13:00
	14:00
[a]	
Gratitude	15:00
	16:00
What roadblock do I need to address?	47.00
	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

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

Mon Tue V	Wed	Thu	Fri	Sat	Sun	/		/ :	20
Values						Time	Well	Spe	nt
						 05:00			
						 06:00			
Primary Efforts		А	lignme	ent		07:00			
						 08:00			
						 09:00			
To Do						10:00			
						 11:00			
						 12:00			
						 13:00			
						 14:00			
Gratitude						15:00			
						16:00			
How can I emb	race o	discom	fort?						
						 17:00			
A tiny triump	h or e	epic w	in			18:00			
						 19:00			
Emotional and	value	es che	ck-in	:					
						 20:00			
						21:00			

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
Values	5						Time We	ell Spent
							 05:00	
							 06:00	
Primar	y Effort	:S	А	lignme	ent		07:00	
							 08:00	
							 09:00	
To Do							 10:00	
							10.00	
							 11:00	
							 12:00	
							 13:00	
							 14:00	
Gratitu	ıde						15:00	
							16:00	
How ca	an I e	mbrace	discom	fort?			17:00	
A tiny	y triu	mph or	epic w	in			18:00	
							 19:00	
Emotio	onal a	nd valu	es che	ck-in	:		20:00	
							21:00	

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/		/	20	
Value	s						Time	Well	Spe	ent	
							 05:00				_
							 06:00				
							 				_
Primai	y Effort	:S	А	lignme	ent		07:00				
							 08:00				
							 09:00				_
To Do											_
10 00							10:00				
							 11:00				
							 12:00				_
							 13:00				_
							 14:00				
Gratit	ude						15:00				
							16:00				
What	am I a	voiding	?				17:00				_
							 17:00				
A tin	y triu	mph or	epic w	in			18:00				_
							 19:00				_
Emoti	onal a	nd valu	es che	ck-in	:						_
							 20:00				_
							21:00				

Mon	Tue	Wed	Thu	Fri	Sat	Sun		/	/ 20
Value	S							Time W	ell Spent
								05:00	
								06:00	
Primai	ry Effort	S	A	lignme	ent			07:00	
								08:00	
								09:00	
To Do								10:00	
								11:00	
								12:00	
								13:00	
								14:00	
Gratit	ude							15:00	
								16:00	
What	am I a	voiding	?						
								17:00	
A tin	y triu	mph or	epic w	in				18:00	
								19:00	
Emoti	onal a	nd valu	es che	ck-in	:				
								20:00	
							_	21:00	

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. $-\mbox{ Buddha}$

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/		/ 2	:0
Values							Time	Well	Sper	nt
							 05:00			
							 06:00			
Primary	Effort	S	А	lignme	ent		07:00			
							 08:00			
							 09:00			
To Do							10:00			
							 11:00			
							 12:00			
							 13:00			
							 14:00			
Gratitud	е						15:00			
							16:00			
What ca	n I	let go	of?							
							 17:00			
A tiny	triu	nph or	epic w	in			18:00			
							 19:00			
Emotion	nal ar	nd valu	es che	ck-in	:					
							 20:00			
							21:00			

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
Values							Time We	ell Spent
							 05:00	
							 06:00	
Primary	Effort	:S	Α	lignme	ent		07:00	
							 08:00	
							 09:00	
To Do							 10:00	
							 11:00	
							 12:00	
							 13:00	
							 14:00	
Gratitu	de						15:00	
							16:00	
What c	an I	let go	of?				17:00	
A tiny	triu	mph or	epic w	in			18:00	
							 19:00	
Emotio	nal a	nd valu	es che	ck-in	:		20:00	
							21:00	

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
Values							Time	Well	Spe	nt
							 05:00			
							 06:00			
Primary Ef	ffort	S	А	lignme	ent		07:00			
							 08:00			
							 09:00			
To Do							10:00			
							 11:00			
							 12:00			
							 12.00			
							 13:00			
							 14:00			
Gratitude							15:00			
							16:00			
What am	Ιl	earning	about	myse	lf?					
							 17:00			
A tiny t	rium	nph or	epic w	in			18:00			
							 19:00			
Emotiona	l ar	nd valu	es che	ck-in	:					
							 20:00			
							21:00			

Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
	06:00
Primary Efforts Alignment	07:00
	08:00
	09:00
То Do	10:00
	11:00
	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

The most important thing in life is to learn how to give out love, and to let it come in. — Morrie Schwartz

Mon	Tue	Wed	Thu	Fri	Sat	Sun		/		/ :	20
Value	S							Time	Well	Spe	nt
								05:00			
								06:00			
Primar	y Effort	:S	А	lignme	ent			07:00			
								08:00			
								09:00			
To Do								10:00			
10 00								10:00			
								11:00			
								12:00			
								13:00			
								14:00			
Gratit	age						$\dashv$	15:00			
								16:00			
How c	an I c	are for	mysel	f tod	ay?						
								17:00			
A tin	y triu	mph or	epic w	in				18:00			
								19:00			
Emoti	onal a	nd valu	es che	ck-in	:						
								20:00			
								21:00			

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
Value	s						Time We	ell Spent
							 05:00	
							 06:00	
Primar	y Effort	S	А	lignme	ent		07:00	
							 08:00	
							 09:00	
To Do							 10:00	
							 11:00	
							 12:00	
							 13:00	
							 14:00	
Gratit	ıde						15:00	
							16:00	
How c	an I c	are for	mysel	f tod	ay?		17:00	
A tin	y triu	mph or	epic w	in			18:00	
							 19:00	
Emoti	onal a	nd valu	es che	ck-in	:		20.00	
							 20:00	
							21:00	

Tour body	hears everything your mind says. — Naomi Judd

Your body hears everything your mind says. — Naomi Judd