

Week #	Reflections and Insights									
Last week I built momentum: disagree -2 -1 0 +1 +2 agree										
Notable achievements from last week:										
<div></div> <div></div> <div></div>										
Lessons Learned From Last Week										
<div></div> <div></div> <div></div>										
Unfinished Business										
<div></div> <div></div> <div></div>										
What do I need to prioritize for growth?										
<div></div> <div></div> <div></div>										
Thoughts and Reflections										
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>										
I appreciate...										
<div></div> <div></div>										

Week #	Prep		Start:	/	/	20
Goal 1		Goal 2				
<div></div> <div></div> <div></div>		<div></div> <div></div> <div></div>				
Goal 3		Goal 4				
<div></div> <div></div> <div></div>		<div></div> <div></div> <div></div>				
Visualize Your Week						
Sketch a visual of your expectations for the week.						
<div></div>						
How can I find the most fulfillment in these areas?						
Health		Connection				
<div></div> <div></div> <div></div>		<div></div> <div></div> <div></div>				
Enjoyment		Job				
<div></div> <div></div> <div></div>		<div></div> <div></div> <div></div>				
In the coming week, I'm eager to experience:						
<div></div> <div></div>						

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

Gratitude

15:00

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

[illegible]

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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

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

[illegible]

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Gratitude

15:00

16:00

How can I embrace discomfort?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

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

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15:00

16:00

17:00

18:00

19:00

20:00

21:00

Primary Efforts

Alignment

To Do

Gratitude

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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16:00

What can I let go of?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

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

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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

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12:00

13:00

14:00

Gratitude

15:00

16:00

How can I care for myself today?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

Your body hears everything your mind says. — Naomi Judd

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal lines designed for handwriting practice. Each set consists of three lines: a solid top line, a dashed midline, and a solid bottom line. These sets are repeated vertically down the entire page, providing ample space for practicing letter formation and alignment. The paper is otherwise blank, with no margins or additional markings.