

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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Week #      Prep      |      Start:      /      / 20

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Goal 2

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Goal 3

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Goal 4

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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

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Connections

Enjoyment

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Job

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

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

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline. The page contains 15 sets of these lines.

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

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Every morning we are born again. What we do today is what matters most. —  
Buddha

Handwriting practice area with 20 sets of three horizontal lines (top solid, middle dashed, bottom solid).

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

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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

[illegible]

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Your body hears everything your mind says. — Naomi Judd

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