

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

What am I avoiding?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

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

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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

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

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How can I embrace discomfort?

17:00

A tiny triumph or epic win...

18:00

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

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What am I learning about myself?

17:00

A tiny triumph or epic win...

18:00

19:00

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

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What roadblock do I need to address?

17:00

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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How can I care for myself today?

18:00

A tiny triumph or epic win...

19:00

Emotional and values check-in:

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

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To Do

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Gratitude

17:00

Where can I invite more ease?

18:00

19:00

A tiny triumph or epic win...

20:00

21:00

Emotional and values check-in:

Your body hears everything your mind says. — Naomi Judd

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

| Week #  | Prep       |  | Start: | / | / 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  | Connection |  |        |   |      |
|   |            |  |        |   |      |
| Enjoyment   | Job        |  |        |   |      |
|   |            |  |        |   |      |
| In the coming week, I'm eager to experience:        |            |  |        |   |      |
|   |            |  |        |   |      |