

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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Primary Efforts

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To Do

Gratitude

What can I let go of?

A tiny triumph or epic win...

Emotional and values check-in:

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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Emotional and values check-in:

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

[illegible]

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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

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

This image shows a full page of handwriting practice paper. It features ten identical sets of horizontal guidelines arranged vertically. Each set includes three lines: a solid top line, a dashed middle line, and a solid bottom line, providing a structured space for practicing letter formation and alignment. The paper is otherwise blank, with no text or other markings.

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What roadblock do I need to address?

A tiny triumph or epic win...

Emotional and values check-in:

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?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

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21:00

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

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Where can I invite more ease?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

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Your body hears everything your mind says. — Naomi Judd

This image shows a full page of handwriting practice paper. It features ten identical sets of horizontal guidelines arranged vertically. Each set includes three lines: a solid top line, a dashed middle line, and a solid bottom line. These lines are designed to help learners practice consistent letter height and placement. The paper is otherwise blank, with no text or markings other than the guidelines.

| | | | | | | | | | | |
|---|--------------------------|--|--|--|--|--|--|--|--|--|
| 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> | | | | | | |