

Week #	Reflections and Insights
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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 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

Connections

Enjoyment

Job

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

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Primary Efforts				Alignment		07:00			
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To Do				10:00					
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Where can I invite more ease?				17:00					
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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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Be yourself; everyone else is already taken. — Oscar Wilde

[illegible]

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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

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