

Last week I built momentum:   disagree -2 -1 0 +1 +2 agree

Notable achievements from last week include:

#### Lessons Learned From Last Week

#### Unfinished Business

#### Visualize Your Week

Sketch a visual of your expectations for the week.

#### I appreciate...

What do I need to prioritize for growth?

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

Goals for Week #                      /        / 20        →                      /        / 20

Habit	Target	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Tally

#### Goal 1

#### Goal 2

#### Goal 3

#### Goal 4

How can I find the most fulfillment in these areas?

#### Health

#### Connections

#### Enjoyment

#### Job