

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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I appreciate...

Week # Prep | Start: / / 20

Goal 1

Goal 2

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Goal 3

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

Connections

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Enjoyment

Job

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

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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

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[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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