

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

Handwriting practice area with multiple sets of three horizontal lines (solid top and bottom, dashed middle) for letter formation.

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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

Emotional and values check-in:

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

[illegible]

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What roadblock do I need to address?

17:00

A tiny triumph or epic win...

18:00

19:00

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?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

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

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 other markings.

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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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21:00

Your body hears everything your mind says. — Naomi Judd

[illegible]

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> <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> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <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> <div></div>						