Week #	Reflections a	nd Insights						
Last week I	built momentum:	disagree	-2	-1	0	+1	+2	agree
Notable achiev	ements from last w	eek:						
Lessons Learne	d From Last Week							
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Unfinished Busi	ness							
What do I ne	ed to prioritize	e for growth?						
Thoughts and	Reflections							
I appreciate								

Week #	Re	flections a	and Insi	ghts						
Last week I	built	momentum:	: dis	agree	-2	-1	0	+1	+2	agree
Notable achieve	ements	from last v	week:							
Lessons Learned	d From	Last Week								
Unfinished Busi	ness									
What do I ne	ed to	prioritiz	ze for g	rowth?	•					
Thoughts and	Refle	ections								
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w can I find the most fulfillment in these areas? How can I find the most fulfillment in these areas? Alth Connections	k# Prep	Start: / / 20
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In the coming week, I'm eager to experience:	ne coming week, I'm eager t	to experience:

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Where can I invite more ease?	
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A tiny triumph or epic win	18:00
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Emotional and values check-in:	
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It always seems impossible until it's done. — Nelson Mandela
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It always seems impossible until it's done. — Nelson Mandela

Mon Tue Wed Thu Fri Sat Sun	/ / 20
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A tiny triumph or epic win	18:00
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Emotional and values check-in:	
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A tiny triumph or epic win	18:00
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Emotional and values check-in:	
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Be yourself; everyone else is already taken. — Oscar Wilde

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

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Although to overcoming	the world is full of suffering, it is also full of the ng of it. — Helen Keller

Although the world is full of suffering, it is also full of the overcoming of it. — Helen Keller

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Every morning matters most.	g we are born aga — Buddha	ain. What w	e do today	is what	

Every morning we are born again. What we do today is what matters most. $-\mbox{ Buddha}$

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

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

Mon Tu	ue	Wed	Thu	Fri	Sat	Sun	/		/ 2	20
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Gratitude	15:00
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What am I learning about myself?	
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A tiny triumph or epic win	18:00
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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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Tour body	hears everything your mind says. — Naomi Judd

Your body hears everything your mind says. — Naomi Judd