

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>	

Week #	Reflections and Insights
<div style="display: flex; justify-content: space-between; align-items: center;"> Last week I built momentum: <div> disagree -2 -1 0 +1 +2 agree </div> </div>	
<div style="background-color: #f0f0f0; padding: 5px; border: 1px solid #ccc;"> Notable achievements from last week: </div> <div style="border: 1px solid #ccc; height: 100px; margin-top: 5px;"></div>	
<div style="border: 1px solid #ccc; padding: 5px; margin-top: 5px;"> Lessons Learned From Last Week </div> <div style="border: 1px solid #ccc; height: 100px; margin-top: 5px;"></div>	
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<div style="border: 1px solid #ccc; padding: 5px; margin-top: 5px;"> Thoughts and Reflections </div> <div style="border: 1px solid #ccc; height: 200px; margin-top: 5px;"></div>	
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Week #	Prep		Start:	/	/	20
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Goal 1	Goal 2
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Goal 3	Goal 4
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

Visualize Your Week

Sketch a visual of your expectations for the week.

How can I find the most fulfillment in these areas?

Health	Connections
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Enjoyment	Job
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

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

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

Mon Tue Wed Thu Fri Sat Sun / / 20

Values

Time Well Spent

05:00

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

Primary Efforts

Alignment

To Do

Gratitude

Where can I invite more ease?

A tiny triumph or epic win...

Emotional and values check-in:

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

Mon Tue Wed Thu Fri Sat Sun / / 20

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Time Well Spent

05:00

06:00

07:00

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13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

Primary Efforts

Alignment

To Do

Gratitude

What roadblock do I need to address?

A tiny triumph or epic win...

Emotional and values check-in:

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

[illegible]

Values

Time Well Spent

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15:00

16:00

17:00

18:00

19:00

20:00

21:00

Primary Efforts

Alignment

To Do

Gratitude

How can I embrace discomfort?

A tiny triumph or epic win...

Emotional and values check-in:

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

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline, repeated 20 times.

Mon Tue Wed Thu Fri Sat Sun / / 20

Values

Time Well Spent

05:00

06:00

07:00

08:00

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10:00

11:00

12:00

13:00

14:00

15:00

16:00

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18:00

19:00

20:00

21:00

Primary Efforts

Alignment

To Do

Gratitude

What am I avoiding?

A tiny triumph or epic win...

Emotional and values check-in:

Every morning we are born again. What we do today is what matters most. — Buddha

[illegible]

Values Time Well Spent

05:00

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16:00

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20:00

21:00

Primary Efforts Alignment

To Do

Gratitude

What can I let go of?

A tiny triumph or epic win...

Emotional and values check-in:

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

Handwriting practice lines for the quote.

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21:00

Primary Efforts

Alignment

To Do

Gratitude

What am I learning about myself?

A tiny triumph or epic win...

Emotional and values check-in:

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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21:00

Primary Efforts

Alignment

To Do

Gratitude

How can I care for myself today?

A tiny triumph or epic win...

Emotional and values check-in:

Your body hears everything your mind says. — Naomi Judd