

Mon Tue Wed Thu Fri Sat Sun / / 20

Values

Time Well Spent

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Primary Efforts

Alignment

To Do

Gratitude

What am I avoiding?

A tiny triumph or epic win...

Emotional and values check-in:

Discipline is the bridge between goals and accomplishment. — Jim Rohn

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Primary Efforts

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To Do

Gratitude

What can I let go of?

A tiny triumph or epic win...

Emotional and values check-in:

Your future is created by what you do today, not tomorrow. — Robert Kiyosaki

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Primary Efforts

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What roadblock do I need to address?

A tiny triumph or epic win...

Emotional and values check-in:

Don't watch the clock; do what it does. Keep going. — Sam Levenson

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Primary Efforts

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To Do

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How can I care for myself today?

A tiny triumph or epic win...

Emotional and values check-in:

Start where you are. Use what you have. Do what you can. — Arthur Ashe

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> <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>						
Goal 3						Goal 4
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Visualize Your Week						
Sketch a visual of your expectations for the week.						
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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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