

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>	

Goals for Week #	/	/	20	→	/	/	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>							
How can I find the most fulfillment in these areas?							
Health			Connections				
<div></div>			<div></div>				
Enjoyment			Job				
<div></div>			<div></div>				
In the coming week, I'm eager to experience:							
<div></div> <div></div>							