

Week #	Reflections and Insights									
Last week I built momentum:    disagree   -2   -1   0   +1   +2   agree										
Notable achievements from last week:										
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Lessons Learned From Last Week										
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Unfinished Business										
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What do I need to prioritize for growth?										
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Thoughts and Reflections										
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I appreciate...										
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Week #	Prep		Start:	/	/	20
Goal 1			Goal 2			
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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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