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								
I appreciate										

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w can I find the most fulfillment in these areas?  How can I find the most fulfillment in these areas?  Health	3	Goal 4
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Sketch a visual of your expectations for the week.  Sketch a visual of your expectations for the week.  How can I find the most fulfillment in these areas?  Ealth Connections  Health		Goal 2  Goal 3  Visualize Your Week Sketch a visual of your expectation  ulfillment in these areas?  Connections  How can I find the most fulfillment in these Health  Enjoyment
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Values	Time Well Spent
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Primary Efforts Alignment	07:00
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Gratitude	15:00
	16:00
Where can I invite more ease?	- 1
	17:00
	18:00
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 Mandel	a

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

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Gratitude	15:00
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What roadblock do I need to address?	
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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 Wild	le

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

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Although the world is full of suffering, it is also full of the overcoming 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 we are born again. What we do today is what matters most. — Buddha	

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

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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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Mon Tue	Wed	Thu	Fri	Sat	Sun		/	,	/ 20	
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Your body hears everything your mind says. — Naomi Judd

Your bo	ody hears everything your mind says. — Naomi Judd