**{Date}**

**{LabelHighlights:What were some highlights last week? (celebrate as much as you can)}**

* *{Highlights}*

**{LabelImprovements:What do I wish I would have done differently?}**

* *{Improvements}*

**{LabelFears:What am I afraid of right now? What am I delaying?}**

* *{Fears}*

**{LabelProjects:Current projects - what progress did I make this week?}**

* *{Projects}*

**{LabelNext:What do I want to do next week to improve my life?}**

* *{Next}*