Before going to sleep, ponder strategies to achieve your goals, or challenges. Upon waking, spend 5-15 minutes journaling about your insights, plans and goals.

,		TODAY'S PRIOR	ITIES	<i>ъ</i>	<u>م</u>	3 2		
	5	4	2	FOCUS	AFFIRMATION		DAY & DATE MORNING REVIEW I'M GRATEFUL FOR 1	
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				EXERCISE			EVIEW I'M EXCITED ABOUT	
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PI	LANNING UPCOM	IING WEEK		REVIEW OF I	LAST WEEK
LEARN SOMETHING NEW PASSION PROJECT	I'M LOOKING FORWARD TO 1 2 3 HABITS I'M FOCUSING ON DEVELOPING	FAMILY / FRIENDS	THINGS I WILL DO TO MAKE THIS WEEK	HOW I'LL IMPROVE 1 2	BIG WINS 1 2 3
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			DISTRACTIONS TO AVOID					WEDNESDA

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			THIS MONTH'S WINS	Ξ		Ξ	•••••		Ξ	•••••	•••••	Ξ	•••••	•••••	E		•••••		THURSDAY	FOCUS
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Before sleep, ponder your goal strategies or any challenges you've encountered. Upon waking, journal for 5-15 minutes about any insights, plans, or goals.

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DAY & DATE		DAILY HABIT	H
	MORNING REVIEW	V	
I'M GRATEFUL FOR 1 2 3			FOCUS
I'M EXCITED ABOUT 1 2 3			EXERCISE
AFFIRMATION		6	SCHEDULE
TODAY'S PR	IORITIES	7	
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HOW I'LL IM	IPROVE (

DAY & DATE REVIEW OF LAST WEEK 3 4 HOW I'LL IMPROVE THINGS I WILL DO TO MAKE THIS WEEK GREAT : PERSONAL WORK : FAMILY / FRIENDS RELATIONSHIP PLANNING UPCOMING WEEK I'M LOOKING FORWARD TO HABITS I'M FOCUSING ON DEVELOPING 3 LEARN SOMETHING NEW **PROJECTS** 1 2 3 4 2 3 4 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
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THIS MONTH'S GOALS	reason why	distractions to avoid								
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2	2	2								
3	3	3								

THURSDAY	FRIDAY	SATURDAY	NOTES
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·	REVIEW	
THIS MONTH'S WINS	WHEN WERE YOU AT YOUR BEST?	INSIGHTS GAINED
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3	3	3

Before sleep, ponder your goal strategies or any challenges you've encountered. Upon waking, journal for 5-15 minutes about any insights, plans, or goals.

WEEK OF	SUNDAY	MONDAY	TUESDAY
DAILY HABIT	I'M GRATEFUL FOR	I'M GRATEFUL FOR	I'M GRATEFUL FOR
	1	1	1
WEEKLY FOCUS	2	2	2
	3	3	3
CHALLENGES			
1	I'M EXCITED ABOUT	I'M EXCITED ABOUT	I'M EXCITED ABOUT
1			
2	2	2	2
WEEKLY TASKS	PRIORITIES	PRIORITIES	PRIORITIES
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	TODAY'S WINS	TODAY'S WINS	TODAY'S WINS
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	HOW I'LL IMPROVE	HOW I'LL IMPROVE	HOW I'LL IMPROVE
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WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
I'M GRATEFUL FOR	I'M GRATEFUL FOR	I'M GRATEFUL FOR	I'M GRATEFUL FOR
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2	2	2	2
3	3	3	3
I'M EXCITED ABOUT	I'M EXCITED ABOUT	I'M EXCITED ABOUT	I'M EXCITED ABOUT
2	2	2	2
PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
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SCHEDULE 7	SCHEDULE 7	SCHEDULE 7	SCHEDULE 7
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TODAY'S WINS	TODAY'S WINS	TODAY'S WINS	TODAY'S WINS
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HOW I'LL IMPROVE	HOW I'LL IMPROVE 1	HOW I'LL IMPROVE 1	HOW I'LL IMPROVE

JOURNALING CREATIVITY REFLECTION

DAY & DATE BIG WINS REVIEW OF LAST WEEK : PERSONAL WORK FAMILY / FRIENDS RELATIONSHIP PLANNING UPCOMING WEEK HABITS I'M FOCUSING ON DEVELOPING PASSION PROJECT **PROJECTS** 1 2 3 4 OP GOALS 1 2 3 <u>4</u> 5

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
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PLAN				
THIS MONTH'S GOALS	REASON WHY	distractions to avoid		
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REVIEW				
THIS MONTH'S WINS	INSIGHTS GAINED	HOW I'LL IMPROVE		
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2	2	2		
3	3	3		
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THE TO-DO LIST

THINGS TO DO THE WEEK OF:	to	
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Priority A/B/C?	Task	Time Needed	Done?

A = urgent, must do early this week
B = important, do by midweek
C = will be urgent later