

WEEKLY 3-DAILY 3

LIST YOUR WEEKLY 3:

- 1.
- 2.
- 3.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEKLY GOALS

STEP 1. MY BIGGEST WINS FROM LAST WEEK

STEP 2. REVIEW OF LAST WEEK

How much progress did you make on your weekly 3?

% completed

1.

2.

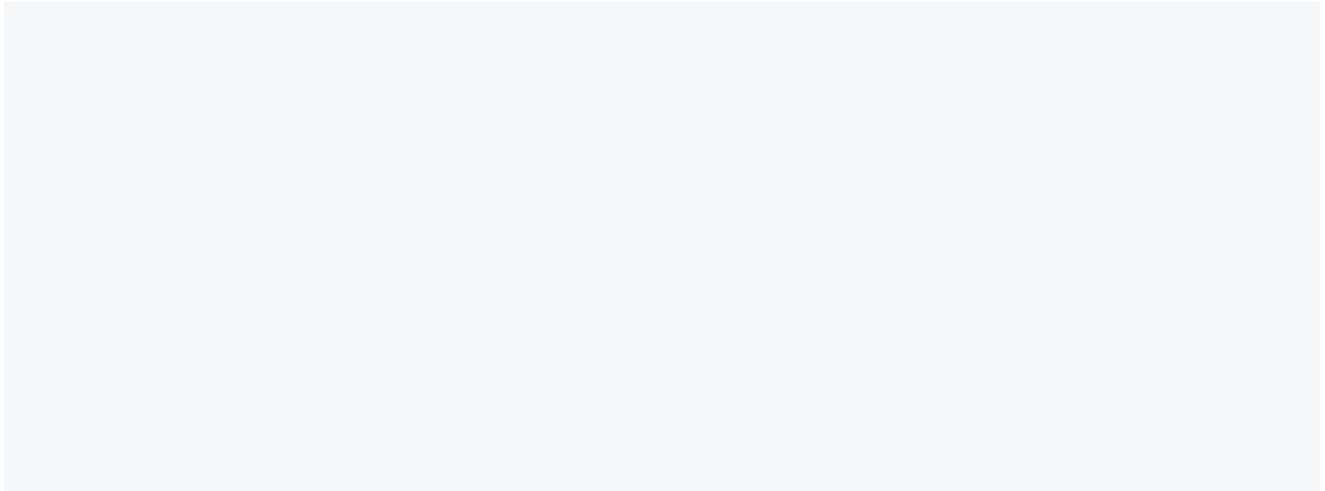
3.

What went well? What didn't go well?

What will you keep doing? improve? start doing? stop doing?

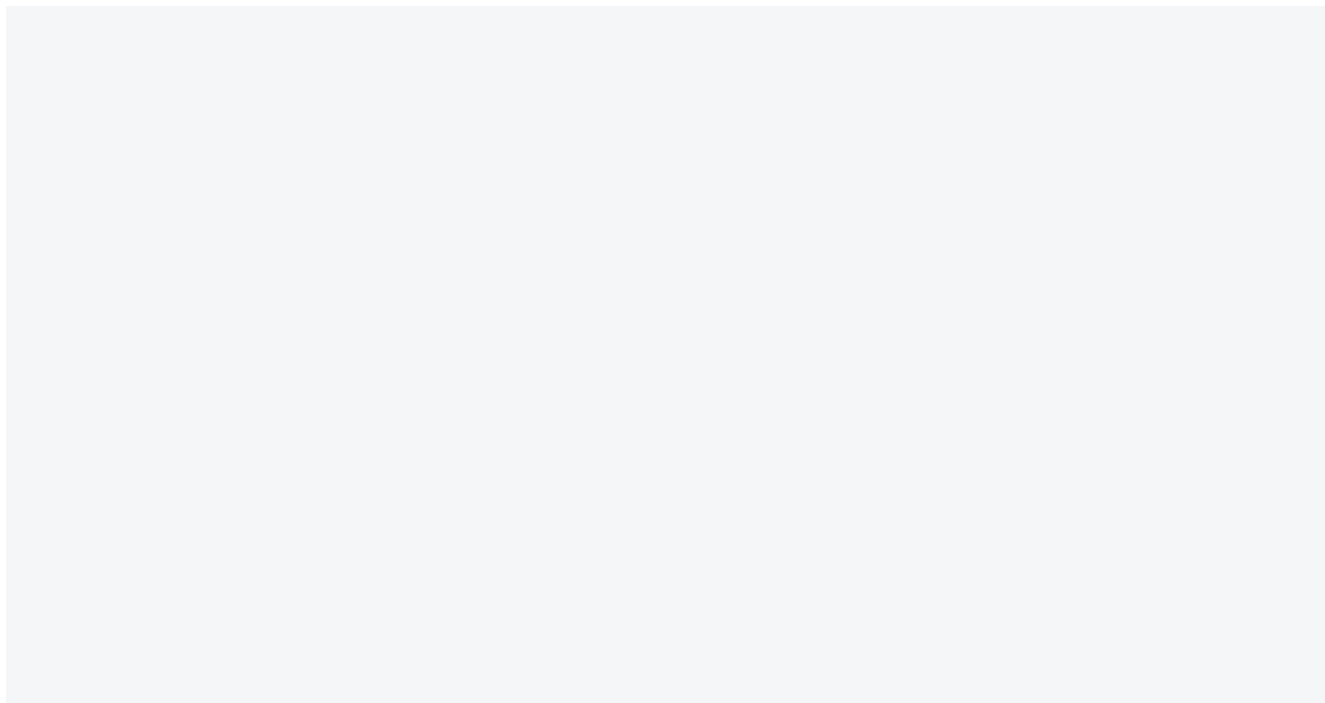
WEEKLY GOALS

STEP 3. COLLECT ALL OUTSTANDING TASKS



STEP 4. PLAN NEXT WEEK

List important tasks in the coming week.



WEEKLY GOALS

STEP 6. PLAN YOUR SELF-CARE FOR THIS WEEK

SLEEP

NUTRITION

EXERCISE

CONNECTIONS

RELAXATION AND FUN

