



Month

Week

Goal #1

Empty box for Goal #1

Goal #2

Empty box for Goal #2

Goal #3

Empty box for Goal #3

Monday

Set your intention - get clarity

TOP PRIORITIES - I WILL:

Four horizontal lines for Monday priorities

Wednesday

Where focus goes, energy flows.

TOP PRIORITIES - I WILL:

Four horizontal lines for Wednesday priorities

Friday

Take a vacation in every day!

TOP PRIORITIES - I WILL:

Four horizontal lines for Friday priorities

Tuesday

Should you or WILL YOU?

TOP PRIORITIES - I WILL:

Four horizontal lines for Tuesday priorities

Thursday

Make time your ally not your enemy!

TOP PRIORITIES - I WILL:

Four horizontal lines for Thursday priorities

Reflect

Being reflective is effective!

POWER QUESTIONS:

What's going right?

What's not going right?

What am I learning, and will I do differently next week?



Month

Week



Goal #1

Empty rectangular box for Goal #1.

Goal #2

Empty rectangular box for Goal #2.

Goal #3

Empty rectangular box for Goal #3.

Monday

Set your intention & rejuvenate with MMH!

TOP PRIORITIES - I WILL:

Four horizontal lines for writing priorities on Monday.

Tuesday

Should you or WILL YOU?

TOP PRIORITIES - I WILL:

Four horizontal lines for writing priorities on Tuesday.

Wednesday

Where focus goes, energy flows.

TOP PRIORITIES - I WILL:

Four horizontal lines for writing priorities on Wednesday.

Thursday

Make time your ally, not your enemy!

TOP PRIORITIES - I WILL:

Four horizontal lines for writing priorities on Thursday.

Friday

Take a vacation every day & share your wins!

TOP PRIORITIES - I WILL:

Four horizontal lines for writing priorities on Friday.

Reflect

Being reflective is effective!

POWER QUESTIONS:

What's going right?

What's not going right?

What am I learning, and will I do differently next week?