



(Dates from-to)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

At this time, it is vital to write down your top 3 priorities for the next day. This way you are attracting your brain and subconsciousness for extra 6-9 hours while you are sleeping.

At the end of every day, spend at least 5 minutes to reflect and write down your victories...

This week's TO DO list:

I am grateful for:

My weekly self-evaluation:

Family	1	2	3	4	5	6	7	8	9	10
Love & relationships	1	2	3	4	5	6	7	8	9	10
Health & fitness	1	2	3	4	5	6	7	8	9	10
Social life	1	2	3	4	5	6	7	8	9	10
Career & business	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Spirituality & personal development	1	2	3	4	5	6	7	8	9	10