

Weekly Plan

Let's get you making progress in the most important areas of your life this week

How many times and what exercise will you do this week?

How do you want to be in your most important roles this week?

(Parent, spouse, partner, to self, leader, friend, colleague, family member)

How do you want to feel on Friday because of your Efforts?

Which relationships do you want to invest in personally and professionally this week? How will you do it?

Friday Finisher List

To achieve by Friday

When you're done planning, transfer this great thinking to your calendar

Well done for setting your intentions, feel good and appreciate your effort!