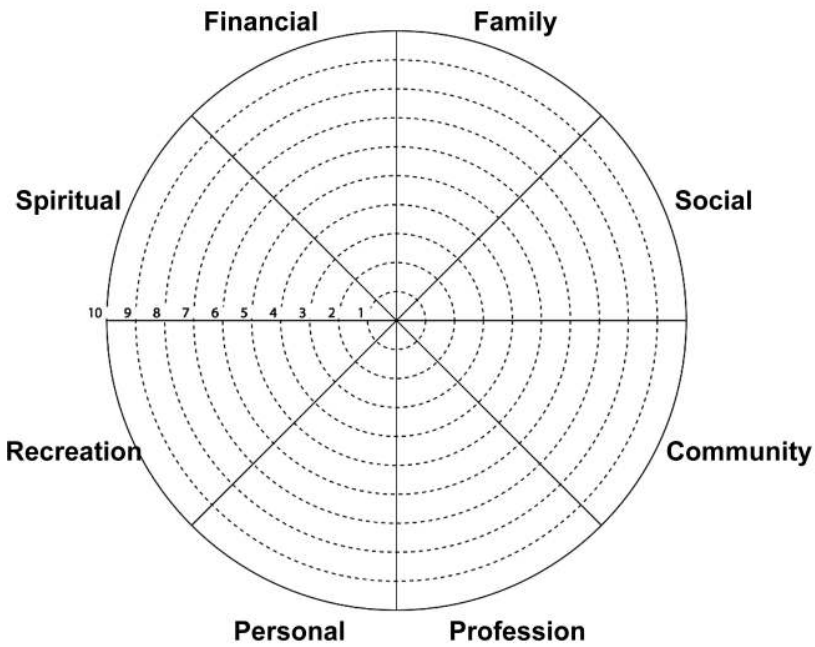




Reflect on this past week

	Work	Home	Well-being
High points			
Lessons learned			
Start			
Stop			
Keep doing			



Reminders:

Must do for work:

Must do for home:

Other notes:

Focus for this week:



Week at a glance. Not down what you need to complete day by day.

Sunday	<input type="checkbox"/>	<input type="checkbox"/>
__/__/__	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Monday	<input type="checkbox"/>	<input type="checkbox"/>
__/__/__	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>
__/__/__	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>
__/__/__	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>
__/__/__	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>
__/__/__	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>
__/__/__	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Notes: _____

Affirmations:

1. I am open and ready to be positive.
2. I am in control of my feelings.
3. I am smart.
4. I can make a difference in this world.

Monday

WHAT I'M GRATEFUL FOR

Water tracker



Priorities today

FIRST DO

THEN DO

FINALLY

So do today:

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	DO NOW	DO LATER
C R I T I C A L	CRITICAL & DO RIGHT NOW	CRITICAL BUT DO LATER (SOON)
N O T C R I T I C A L	NOT CRITICAL BUT DO NOW (DELEGATE)	UNCATEGORIZED (DELETE OR MOVE)

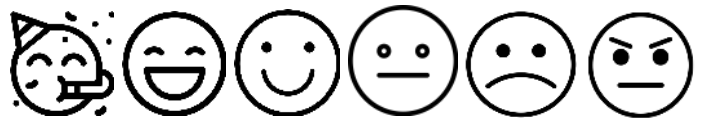
END OF DAY

WHAT WENT WELL:

WHAT TO LET GO OF:

AT HOME

REFLECT ON YOUR PRODUCTIVITY FOR THE DAY



Tuesday

WHAT I'M GRATEFUL FOR

Water tracker



Priorities today

FIRST DO

THEN DO

FINALLY

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To do today:

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	DO NOW	DO LATER
CRITICAL	CRITICAL & DO RIGHT NOW	CRITICAL BUT DO LATER (SOON)
NOT CRITICAL	NOT CRITICAL BUT DO NOW (DELEGATE)	UNCATEGORIZED (DELETE OR MOVE)

END OF DAY	
WHAT WENT WELL:	WHAT TO LET GO OF:

AT HOME

REFLECT ON YOUR PRODUCTIVITY FOR THE DAY



Wednesday

WHAT I'M GRATEFUL FOR

Water tracker



Priorities today

FIRST DO

THEN DO

FINALLY

To do today:

	DO NOW	DO LATER
C R I T I C A L	CRITICAL & DO RIGHT NOW	CRITICAL BUT DO LATER (SOON)
N O T C R I T I C A L	NOT CRITICAL BUT DO NOW (DELEGATE)	UNCATEGORIZED (DELETE OR MOVE)

END OF DAY

WHAT WENT WELL:

WHAT TO LET GO OF:

AT HOME

REFLECT ON YOUR PRODUCTIVITY FOR THE DAY



Thursday

WHAT I'M GRATEFUL FOR

Water tracker



Priorities today

FIRST DO

THEN DO

FINALLY

To do today:

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	DO NOW	DO LATER
C R I T I C A L	CRITICAL & DO RIGHT NOW	CRITICAL BUT DO LATER (SOON)
N O T C R I T I C A L	NOT CRITICAL BUT DO NOW (DELEGATE)	UNCATEGORIZED (DELETE OR MOVE)

END OF DAY

WHAT WENT WELL:	WHAT TO LET GO OF:
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AT HOME

REFLECT ON YOUR PRODUCTIVITY FOR THE DAY



Friday

WHAT I'M GRATEFUL FOR

Water tracker



Priorities today

FIRST DO

THEN DO

FINALLY

To do today:

	DO NOW	DO LATER
CRITICAL	CRITICAL & DO RIGHT NOW	CRITICAL BUT DO LATER (SOON)
NOT CRITICAL	NOT CRITICAL BUT DO NOW (DELEGATE)	UNCATEGORIZED (DELETE OR MOVE)

END OF DAY

WHAT WENT WELL:	WHAT TO LET GO OF:
-----------------	--------------------

AT HOME

REFLECT ON YOUR PRODUCTIVITY FOR THE DAY

