

FOR THE WEEK OF

WEEKLY PLAN

List this week's three most important goals, and your motivation behind them.

GOAL 1

MOTIVE

GOAL 2

MOTIVE

GOAL 3

MOTIVE

List any events, milestones, or commitments happening this week. Also, any habits or routines you are working on.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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NOTES, ETC.