

FOR THE WEEK OF

# WEEKLY PLAN

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

<b>GOAL 1</b>	
<b>MOTIVE</b>	
<b>GOAL 2</b>	
<b>MOTIVE</b>	
<b>GOAL 3</b>	
<b>MOTIVE</b>	

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.**