

Week:		Weekly affirmation:		Weekly Focus
] Monday] Friday		
Appointments	Daily task list	Appointments	Daily task list	What does success look like for you this week?
] Tuesday] Saturday		Tools and resources
Appointments	Daily task list	Appointments	Daily task list	
] Wednesday] Sunday		Weekly Things to do / Task List
Appointments	Daily task list	Appointments	Daily task list	
] Thursday		Dashboard (Weekly Tracking)	Weekly Habits	
Appointments	Daily task list			
Weekly Notes:		Record your wins and achievements		