

THIS IS MY WEEK!

Date:_____

LIST TOP PRIORITIES:

THINGS YOU WANT TO DO / THINGS YOU NEED TO DO

CIRCLE REWARD + EXPLAIN:

ACTIVITY, SOCIAL EVENT, SELF CARE, OTHER

REMINDERS: AFFIRMATIONS, REFLECTIONS

ACTIVITY PLANNER

ACTIVITY	DURATION	TIME
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		



you are STRONG
you are POWERFUL
you are DRIVEN





Higher Self

USE KEY WORDS INSTEAD OF SENTENCES

WHAT DO YOU WANT TO BE ABLE TO DO?

WHO DO YOU WANT TO BE?

HOW DO YOU WANT TO FEEL?

WHAT DO YOU WANT TO SEE?

