

START DATE: —/—/—

Amazing Week

YOU-Print

What is your WHY ?	What is your one-word title for this week?
What are you going to accomplish this week?	
How are you going to measure your progress?	
What or who is going to hold you accountable ?	
What is your ZEN plan?	
Do you need additional information ?	

ACTION STEPS	RESOURCES
M	M
T	T
W	W
TH	TH
F	F
S	S
U	U
What was notable this week?	What was quotable this week?
	“ ”

WEEKLY

Reflection

DATE:

Did you accomplish your goal this week?

What was your biggest obstacle?

What are you going to do differently next week?

Did you still feel motivated?

How are you going to celebrate your progress?

One word that best describes this week?

One word that best describes your intention for next month?

How will you rate this week?

