

DOPE CHECK

10 MINUTES AT THE END OF THE WEEK
BUILDS MOMENTUM FOR THE NEXT WEEK



“Be proud of yourself for what you are continuing.
This provides the dopamine hit needed to create momentum.”

AL HERRERA

Week of :

What went right?

What went wrong?

What can I do different?

Week of :

What went right?

What went wrong?

What can I do different?

Week of :

What went right?

What went wrong?

What can I do different?