



My Top 3 Priorities this week

1. _____

2. _____

3. _____

1. _____

2. _____

3. _____

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Page 2 - Your Week in Review Add date here

As you review your week, make sure you complete the questions below in full. You can add more items you're proud of etc. but not less than the required amount. It's important that if you can't find answers to all the questions that you lower your standards until you CAN!



Progress this week?

What specifically have I achieved, progressed - what are my successes and wins?

1. _____
2. _____
3. _____



What am I proud of this week?

What do I need to give myself a pat on the back for?

1. _____
2. _____
3. _____



What have I learned this week?

Where were you too hard on yourself, what could you have done differently, what other key insights or realisations have you had this week?

1. _____
2. _____
3. _____



Appreciation

What am I grateful for this week?

1. _____
2. _____
3. _____



The people I will make a point of thanking this week are:



What one thing could I do differently next week? Look at everything you've reviewed above and think of one thing you could do differently next week. It may simply be how you decide to BE or choose to see the world. It could also be an action you take, a thought or quote you focus on or something else – but it will be unique to you. Just write it here and see what happens:
