

Week of _____ to _____

Goals for the week

Date _____

Time

Today's Plan

Work Accomplished

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Practice Reflection:

Date _____

Time

Today's Plan

Work Accomplished

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Practice Reflection:

Date _____

Time

Today's Plan

Work Accomplished

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Practice Reflection:

Date_____	Time_____	
Today's Plan	Work Accomplished	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Practice Reflection:	_____	_____
_____	_____	_____

Date_____	Time_____	
Today's Plan	Work Accomplished	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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Practice Reflection:	_____	_____
_____	_____	_____

Date_____	Time_____	
Today's Plan	Work Accomplished	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Practice Reflection:	_____	_____
_____	_____	_____

Practice Reflection for the week. Did you meet your goals? What do you need to do to improve?
What do you need to do differently to reach next week's goals?
