

Mahi Moves

Start Date _____ / _____ / _____

End Date _____ / _____ / _____

Work Plan

My top 3 goals are:

- 1 _____
- 2 _____
- 3 _____

My focus is on:

Priority Tasks:

Secondary Tasks:

Errands:

Talk to:

Date / /

Mahi Moves

Daily Work Plan

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

13:00 _____

14:00 _____

15:00 _____

16:00 _____

17:00 _____

18:00 _____

19:00 _____

20:00 _____

Today my main goal is...

Today I am grateful for...

Priority Tasks:

Secondary Tasks:

Date / /

Mahi Moves

Recap Resource

I am most proud of myself for...

I talked to:

I created:

I went to:

I learnt:

I was grateful for...
