ONE YEAR FROM YESTERDAY

PRINTABLE

Workbook Pages

FOR EBOOK OWNERS

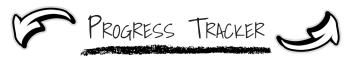


YOUR GOAL-SETTING TEMPLATE

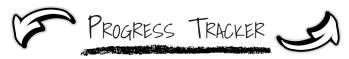
GOAL # 1:
25% Milestone
Weekly Rituals →
→
50% Milestone
75% Milestone
100% Milestone
GOAL # 2:
25% Milestone
Weekly Rituals →
→
50% Milestone
75% Milestone
100% Milestone
GOAL # 3:
25% Milestone
Weekly Rituals →
→ →
50% Milestone
75% Milestone
100% Milestone



GOAL # 1							
RITUALS:							
Scheduled fo	r:	• • • • • • • • • • • • • • • • • • • •					••••••
Accomplished	d:						••••••
							•••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:					• • • • • • • • • • •	
Accomplished	d:						
							••••••
GOAL #3							
RITUALS:							
Scheduled fo	r:	•••••		• • • • • • • • • •			••••••
Accomplished	d:	•••••					••••••
•••••		•••••					••••••
**	-	1 1 1 1 -	1		1	*	
***	*	VVEEK'S	INSIGHTS	AND	LEARNINGS	* *	***
	71.						
What did this	week te	each me?					
What's one ac	hievem	ent I'm prouc	l of?				
•••••						••••••	••••••
What's one th	ing I'll a	adjust next we	eek?				



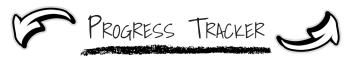
GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL # 1							
RITUALS:							
Scheduled fo				•••••		•••••	· · · · · ·
Accomplishe		•••••		•••••		•••••	
•••••						••••••	•••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:					•••••	
Accomplishe	d:						
GOAL # 3							
RITUALS:							
Scheduled fo							
Accomplishe	d:						
**	Tuc	MEENIC	NCIGHTO	CHAA	LEARNINGS	**	
***	*	V V D D F >	INSIGN 15	MNV	K	*	* *
What did this	s wook to	ash ma?					
wilat ulu tilis	week te	acii iiie:					
•••••							· · · · · ·
What's one a	chievem	ent I'm proud	l of?				
What's one th	hing I'll :	ndjust next we	-ek?				
Tinac 5 one ti	6 ' " (ajase neke we					
							.



GOAL # 1							
RITUALS:							
Scheduled fo	r:	• • • • • • • • • • • • • • • • • • • •					••••••
Accomplished	d:						••••••
							•••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:					• • • • • • • • • • •	
Accomplished	d:						
							••••••
GOAL #3							
RITUALS:							
Scheduled fo	r:	•••••		• • • • • • • • • •			••••••
Accomplished	d:	•••••					••••••
•••••		•••••					••••••
**	-	1 1 1 1 -	1		1	*	
***	*	VVEEK'S	INSIGHTS	AND	LEARNINGS	* * *	***
	71.						
What did this	week te	each me?					
What's one ac	hievem	ent I'm prouc	l of?				
•••••						••••••	••••••
What's one th	ing I'll a	adjust next we	eek?				



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL # 1							
RITUALS:							
Scheduled fo	r:	• • • • • • • • • • • • • • • • • • • •					••••••
Accomplished	d:						••••••
							•••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:					• • • • • • • • • • •	
Accomplished	d:						
							••••••
GOAL #3							
RITUALS:							
Scheduled fo	r:	•••••		• • • • • • • • • •			••••••
Accomplished	d:	•••••					••••••
•••••		•••••					••••••
**	-	1 1 1 1 -	1		1	*	
***	*	VVEEK'S	INSIGHTS	AND	LEARNINGS	* * *	***
	71.						
What did this	week te	each me?					
What's one ac	hievem	ent I'm prouc	l of?				
•••••						••••••	••••••
What's one th	ing I'll a	adjust next we	eek?				



GOAL # 1							
RITUALS:							
Scheduled fo	r:	• • • • • • • • • • • • • • • • • • • •					••••••
Accomplished	d:						••••••
							•••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:					• • • • • • • • • • •	
Accomplished	d:						
							••••••
GOAL #3							
RITUALS:							
Scheduled fo	r:	•••••		• • • • • • • • • •			••••••
Accomplished	d:	•••••					••••••
•••••		•••••					••••••
**	-	1 1 1 1 -	1		1	*	
***	*	VVEEK'S	INSIGHTS	AND	LEARNINGS	* * *	***
	71.						
What did this	week te	each me?					
What's one ac	hievem	ent I'm prouc	l of?				
•••••						••••••	••••••
What's one th	ing I'll a	adjust next we	eek?				



GOAL # 1							
RITUALS:							
Scheduled fo	r:	• • • • • • • • • • • • • • • • • • • •					••••••
Accomplished	d:						••••••
							•••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:					• • • • • • • • • • •	
Accomplished	d:						
							••••••
GOAL #3							
RITUALS:							
Scheduled fo	r:	•••••		• • • • • • • • • •			••••••
Accomplished	d:	•••••					••••••
•••••		•••••					••••••
**	-	1 1 1 1 -	1		1	*	
***	*	VVEEK'S	INSIGHTS	AND	LEARNINGS	* * *	***
	71.						
What did this	week te	each me?					
What's one ac	hievem	ent I'm prouc	l of?				
•••••						••••••	••••••
What's one th	ing I'll a	adjust next we	eek?				



GOAL # 1							
RITUALS:							
Scheduled fo	r:	• • • • • • • • • • • • • • • • • • • •					••••••
Accomplished	d:						••••••
							•••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:					• • • • • • • • • • •	
Accomplished	d:						
							••••••
GOAL #3							
RITUALS:							
Scheduled fo	r:	•••••		• • • • • • • • • •			••••••
Accomplished	d:	•••••					••••••
•••••		•••••					••••••
**	-	1 1 1 1 -	1		1	*	
***	*	VVEEK'S	INSIGHTS	AND	LEARNINGS	* *	***
	71.						
What did this	week te	each me?					
What's one ac	hievem	ent I'm prouc	l of?				
•••••						••••••	••••••
What's one th	ing I'll a	adjust next we	eek?				

25% MILESTONE REFLECTION

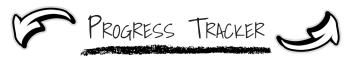
Step 1: Review Your Goals and Milestones Goal #1 Goal #2 Goal #3 Goal #1: 25% Milestone ☐ achieved □exceeded □ fell short My 50% Milestone will be: **Goal #2: 25% Milestone** □ achieved □ exceeded □ fell short My 50% Milestone will be: Goal #3: 25% Milestone ☐ achieved ☐ fell short □exceeded My 50% Milestone will be: **Step 2: Identify Your Patterns** When do you show up most consistently? Time of day, day of week, circumstances? When do you struggle most? What triggers make it harder? What helps you return after missing?

What Mindset, strategy, or support gets you back on track?

	lop Your Next Rituals
Goal #1: 50% Mi	
Weekly Rituals	→ → →
Goal #2: 50% Mi	lestone
Weekly Rituals	→ →
Goal #3: 50% Mi	lestone
Weekly Rituals	→ →
Step 4: Ackno	owledge Your Wins
Step 5: Set O	ne Intention for the Next Season
•••••	
My intention for	the next season:
•••••	16



GOAL # 1							
RITUALS:							
Scheduled fo	r:	• • • • • • • • • • • • • • • • • • • •					••••••
Accomplished	d:						••••••
							•••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:					• • • • • • • • • • •	
Accomplished	d:						
							••••••
GOAL #3							
RITUALS:							
Scheduled fo	r:	•••••		• • • • • • • • • •			••••••
Accomplished	d:	•••••					••••••
•••••		•••••					••••••
**	-	1 1 1 1 -	1		1	*	
***	*	VVEEK'S	INSIGHTS	AND	LEARNINGS	* *	***
	71.						
What did this	week te	each me?					
What's one ac	hievem	ent I'm prouc	l of?				
•••••						••••••	••••••
What's one th	ing I'll a	adjust next we	eek?				



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL # 1							
RITUALS:							
Scheduled 1	for:				• • • • • • • • • • • • • • • • • • • •		• • • • • • • •
Accomplish	ed:			•••••	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	· · · · · · · · · · · · · · · ·
				• • • • • • • • • • • • • • • • • • • •			• • • • • • • •
GOAL # 2	-						
RITUALS:							
Scheduled	for:						
Accomplish	ed:						
							• • • • • • • • •
GOAL # 3	,						
RITUALS:							
Scheduled 1				•••••			•••••••••••••••••••••••••••••••••••••••
Accomplish							
							• • • • • • • •
ale		/	1			*	
***	I HIS	WEEK'S	INSIGHTS	AND	LEARNING	5 ~ ×	* ★*
	<i>/</i> /					A	
What did th	is week te	each me?					
							· · · · · · · · · · · · · · · · · · ·
What's one	achievem	nent I'm prouc	l of?				
				• • • • • • • • • • • • • • • • • • • •			· · · · · · · · · · · · · · · ·
What's one	thing I'll a	adjust next we	eek?				



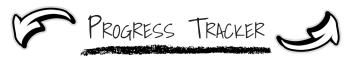
GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



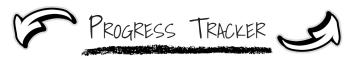
GOAL # 1
RITUALS:
Scheduled for:
Accomplished:
Accomplished.
GOAL # 2
RITUALS:
Scheduled for:
Accomplished:
GOAL # 3
RITUALS:
1 1 1 (ph. 2)
Scheduled for:
Accomplished:
** The Mark to the transfer of
**** THIS WEEK'S INSIGHTS AND LEARNINGS ***
What did this week teach me?
What's one achievement I'm proud of?
Whate and thing 1211 adjust now work
What's one thing I'll adjust next week?



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



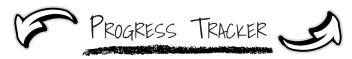
GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



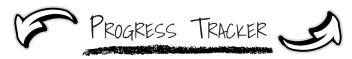
GOAL # 1	
RITUALS:	
Scheduled for:	•••••
Accomplished:	· · · · · ·
, and the second	
GOAL # 2	
RITUALS:	
INTUALS.	•••••
Scheduled for:	<u>.</u>
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	•••••
Accomplished:	•••••
	· · · · · ·
**** THIS WEEK'S INSIGHTS AND LEARNINGS	* *
* * *	ŧ
What did this week teach me?	
	· · · · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust nove work?	
What's one thing I'll adjust next week?	



GOAL # 1						
RITUALS:						
Scheduled for:			•••••			• • • • • • • •
Accomplished:						
GOAL # 2						
RITUALS:						
Scheduled for:						
Accomplished:						
GOAL #3						
RITUALS:						
Scheduled for:						• • • • • • • •
Accomplished:						
*************	WEEK'S	INSIGHTS	AND	LEARNINGS	**	***
What did this week	teach me?					
What's one achiever	nent I'm proud	l of?				
What's one thing I'll	adjust next we	eek?				· · · · · · · · · ·



GOAL #
RITUALS:
Scheduled for:
Accomplished:
GOAL # 2
RITUALS:
Scheduled for:
Accomplished:
GOAL # 3
RITUALS:
Scheduled for:
Accomplished:
** TUR MERLY NOTOUTE AND I EARNING **
***** THIS WEEK'S INSIGHTS AND LEARNINGS ***
What did this week teach me?
What's one achievement I'm proud of?
What's one thing I'll adjust next week?
6,



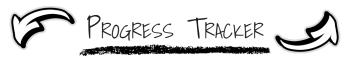
GOAL # 1	
RITUALS:	
Scheduled for:	•••••
Accomplished:	· · · · · ·
, and the second	
GOAL # 2	
RITUALS:	
INTUALS.	•••••
Scheduled for:	<u>.</u>
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	•••••
Accomplished:	•••••
	· · · · · ·
**** THIS WEEK'S INSIGHTS AND LEARNINGS	* *
* * *	ŧ
What did this week teach me?	
	· · · · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust nove work?	
What's one thing I'll adjust next week?	

50% MILESTONE REFLECTION

Step 1: Review Your Goals and Milestones

Goal #1				
Goal #2				
Goal #3				
Goal #1: 50% Milestone My 75% Milestone will be	_	□exceeded	☐ fell short	
Goal #2: 50% Milestone My 75% Milestone will be	_	□ exceeded	☐ fell short	
Goal #3: 50% Milestone My 75% Milestone will be		□ exceeded	□ fell short	,
Step 2: Identify Your	<u>Patterns</u>			
When do you show up m Time of day, day of week, circum		?		
When do you struggle m What triggers make it harder?	ost?			
What helps you return at What Mindset, strategy, or suppo	_	ack?		

Step 3: Devel	op Your Next Rituals
Goal #1: 75% Mi	lestone
Weekly Rituals	
	→
Goal #2: 75% Mi	lestone
Weekly Rituals	
	→
Goal #3: 75% Mi	lestone
Weekly Rituals	
	→
Step 4: Ackno	owledge Your Wins
Step 5: Set Or	ne Intention for the Next Season
My intention for	the next season:



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



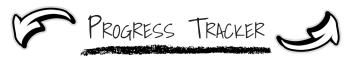
GOAL # 1					
RITUALS:					
Scheduled for:					
Accomplished:					· · · · · · · · · · · · · · · · · · ·
GOAL # 2					
RITUALS:					
Scheduled for:		• • • • • • • • • • • • • • • • • • • •	•••••		
•••••					· · · · · · · · · · · · · · · · · · ·
Accomplished:					
GOAL # 3					
RITUALS:					
NITUALS:					
Scheduled for:					
Accomplished:					
•••••		• • • • • • • • • • • • • • • • • • • •			
. *-		. 1.			*
****	HIS WEEK	's Insigh	ITS AND	LEARNINGS	* ***

What did this we	eek teach me?				
••••••	••••••	• • • • • • • • • • • • • • • • • • • •			• • • • • • • • • • • • • • • • • • • •
What's one achi	evement I'm pi	oud of?			
What's one thing	g I'll adiust nex	t week?			
	J				



GOAL # 1					
RITUALS:					
Scheduled for:					
Accomplished:					· · · · · · · · · · · · · · · · · · ·
GOAL # 2					
RITUALS:					
Scheduled for:		• • • • • • • • • • • • • • • • • • • •	•••••		
•••••					· · · · · · · · · · · · · · · · · · ·
Accomplished:					
GOAL # 3					
RITUALS:					
NITUALS:					
Scheduled for:					
Accomplished:					
•••••		• • • • • • • • • • • • • • • • • • • •			
. *-		. 1.			*
****	HIS WEEK	's Insigh	ITS AND	LEARNINGS	* ***

What did this we	eek teach me?				
••••••	••••••	• • • • • • • • • • • • • • • • • • • •			• • • • • • • • • • • • • • • • • • • •
What's one achi	evement I'm pi	oud of?			
What's one thing	g I'll adiust nex	t week?			
	J				



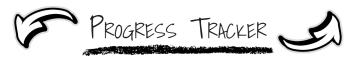
GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



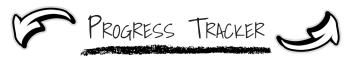
GOAL # 1						
RITUALS:						
Scheduled for:			•••••			• • • • • • • •
Accomplished:						
GOAL # 2						
RITUALS:						
Scheduled for:						
Accomplished:						
GOAL #3						
RITUALS:						
Scheduled for:						• • • • • • • •
Accomplished:						
*************	WEEK'S	INSIGHTS	AND	LEARNINGS	**	***
What did this week	teach me?					
What's one achiever	nent I'm proud	l of?				
What's one thing I'll	adjust next we	eek?				· · · · · · · · · ·



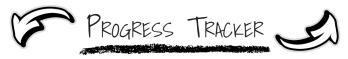
GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	

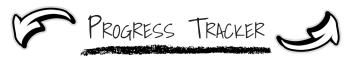


GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL # 1						
RITUALS:						
Scheduled for:	:					
Accomplished	:					
•••••			•••••		•••••	
GOAL # 2						
RITUALS:						
Scheduled for	· · · · · · · · · · · · · · · · · · ·					
Accomplished	:	• • • • • • • • • • • • • • • • • • • •	••••••			
•••••						
GOAL # 3						
RITUALS:						
Scheduled for		••••		••••••		
Accomplished	:			•••••		
	• • • • • • • • • • • • • • • • • • • •					
. *-	+		1.			*
***	I HIS	WEEK'S	INSIGHTS	AND	LEARNINGS	* ***
					Α.	
What did this v	veek te	ach me?				
••••						
What's one ach	nievem	ent I'm proud	of?			
What's one thi	ng I'll a	djust next we	eek?			





GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	

75% MILESTONE REFLECTION

Step 1: Review Your Goals and Milestones Goal #1 Goal #2 Goal #3 Goal #1: 75% Milestone ☐ achieved □exceeded □ fell short My 100% Milestone will be: **Goal #2: 75% Milestone** □ achieved □ exceeded □ fell short My 100% Milestone will be: Goal #3: 75% Milestone ☐ achieved ☐ fell short □exceeded My 100% Milestone will be: **Step 2: Identify Your Patterns** When do you show up most consistently? Time of day, day of week, circumstances? When do you struggle most? What triggers make it harder? What helps you return after missing? What Mindset, strategy, or support gets you back on track?

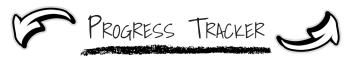
	lop Your Next Rituals
Goal #1: 100% M	
Weekly Rituals	→ → →
Goal #2: 100% M	1ilestone
Weekly Rituals	→ → →
Goal #3: 100% N	lilestone
Weekly Rituals	→ →
Step 4: Ackno	owledge Your Wins
Stop F. Sat O.	and Instantian for the North Consen
	ne Intention for the Next Season
	the next season:
	44



GOAL # 1							
RITUALS:							
Scheduled fo	r:	• • • • • • • • • • • • • • • • • • • •					••••••
Accomplished	d:						••••••
							•••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:					• • • • • • • • • • •	
Accomplished	d:						
							••••••
GOAL #3							
RITUALS:							
Scheduled fo	r:	•••••		• • • • • • • • • •			••••••
Accomplished	d:	•••••					••••••
•••••		•••••					••••••
**	+	1 1 1 1 -	1		1	*	
***	*	VVEEK'S	INSIGHTS	AND	LEARNINGS	* *	***
	71.						
What did this	week te	each me?					
What's one ac	hievem	ent I'm prouc	l of?				
•••••						••••••	••••••
What's one th	ing I'll a	adjust next we	eek?				



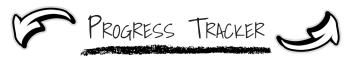
GOAL # 1							
RITUALS:							
Scheduled fo	r:	• • • • • • • • • • • • • • • • • • • •					••••••
Accomplished	d:						••••••
							•••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:					• • • • • • • • • • •	
Accomplished	d:						
							••••••
GOAL #3							
RITUALS:							
Scheduled fo	r:	•••••		• • • • • • • • • •			••••••
Accomplished	d:	•••••					••••••
•••••		•••••					••••••
**	+	1 1 1 1 -	1		1	*	
***	*	VVEEK'S	INSIGHTS	AND	LEARNINGS	* *	***
	71.						
What did this	week te	each me?					
What's one ac	hievem	ent I'm prouc	l of?				
•••••						••••••	••••••
What's one th	ing I'll a	adjust next we	eek?				



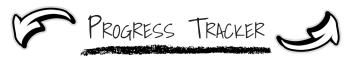
GOAL # 1					
RITUALS:					
Scheduled for:					• • • • • • • • • • • • • • • • • • •
• • • • • • • • • • • • • • • • • • • •					
Accomplished:					· · · · · · · · · · · · · · · · · · ·
GOAL # 2					
RITUALS:					
Scheduled for:		•••••			• • • • • • • • • • • • • • • • • • • •
Accomplished:	•••••	•••••		•••••	• • • • • • • • • • • • • • • • • • • •
GOAL # 3					
•					
RITUALS:					
Scheduled for:					
Accomplished:				•••••	• • • • • • • • • • • • • • • • • • • •
					· · · · · · · · · · · · · · · · · · ·
A					A
******THI	IS WEEK'S	INSIGHTS	AND	LEARNINGS	X *
****		·		*	***
Marie et all'alabete con el	l. t l 2				
What did this wee	k teach me?				
What's one achiev	rement I'm proud	d of?			
What's one thing I	'll adjust next w	eek?			



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	

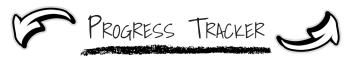


GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL #
RITUALS:
Scheduled for:
Accomplished:
GOAL # 2
RITUALS:
Scheduled for:
Accomplished:
necompusited.
GOAL # 3
RITUALS:
Scheduled for:
Accomplished:
**** THIS WEEK'S INSIGHTS AND LEARNINGS ****

What did this week teach me?
Miles December 19 (2)
What's one achievement I'm proud of?
What's one thing I'll adjust next week?
what 5 one thing I it adjust next week:



GOAL # 1							
RITUALS:							
Scheduled for:	• • • • • • • • •					• • • • • • • • • • • • • • • • • • • •	
•••••							
Accomplished:							
GOAL # 2							
RITUALS:							
Scheduled for:			•••••	• • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •	
Accomplished:	• • • • • • • • •				•••••		•••
GOAL # 3							
•							
RITUALS:							
Scheduled for:							
Accomplished:		••••••	••••••	•••••		• • • • • • • • • • • • • • • • • • • •	• • •
							.
4							
***	HIS	WEEK'S	INSIGHTS	AND	LEARNINGS	$\mathbf{X}_{\mathbf{X}}$, str
****					*	*	*
What did this w		l 2					
what did this w	eek te	acii iiie:					
							· · ·
What's one achi	ievemo	ent I'm proud	of?				
What's one thin	ıg I'll a	djust next we	ek?				



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL # 1							
RITUALS:							
Scheduled for							• • • • • • • •
•••••					••••••		
Accomplished							
_							
GOAL # 2							
RITUALS:							
Scheduled for	······································	• • • • • • • • • • • • • • • • • • • •					
Accomplished	 I:				•••••		
GOAL # 3							
•							
RITUALS:							
Scheduled for	:						
Accomplished	l:	• • • • • • • • • • • • • • • • • • • •					
_4=							
** **	THIS	WEEK'S	INSIGHTS	AND	LEARNINGS	5 X *	*
***	*				-	*	* *
What did this	wools to	ach ma?					
wnat did this	week te	acii iiie:					
What's one ac	hievem	ent I'm proud	l of?				
		•					
•••••							
What's one th	ing I'll a	adjust next we	eek?				



GOAL #	
RITUALS:	
Scheduled for:	••••
Accomplished:	
GOAL # 2	
RITUALS:	
Scheduled for:	
Accomplished:	
GOAL # 3	
RITUALS:	
Scheduled for:	· · · ·
Accomplished:	••••
	· · · ·
** Tue Marile Meleute AND I rapulled **	
****** THIS WEEK'S INSIGHTS AND LEARNINGS	K *
What did this week teach me?	
	· · · ·
What's one achievement I'm proud of?	
What's one thing I'll adjust next week?	
•	



GOAL # 1							
RITUALS:							
Scheduled fo	r:	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •		• • • • • • •
Accomplished	d:		•••••				
			• • • • • • • • • • • • • • • • • • • •				••••••
GOAL # 2							
RITUALS:							
Scheduled fo	r:			• • • • • • • • •			
Accomplished	d:		•••••	•		• • • • • • • • • • • • • • • • • • • •	
GOAL #3							
RITUALS:							
Scheduled fo	r:	•••••	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • •			
Accomplished	d:	•••••	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • •			
•••••		•••••	• • • • • • • • • • • • • • • • • • • •				• • • • • • • •
**	-	1 1 1 1 -	1		1 10	*	
***	*	VVEEK'S	INSIGHTS	AND	LEARNING	* *	* * *
	71.						
What did this	week te	each me?					
What's one ac	hievem	ent I'm prouc	l of?				
•••••				• • • • • • • • • •			• • • • • • •
What's one th	ing I'll a	adjust next we	eek?				

100% MILESTONE REFLECTION

Step 1: Review Your Goals and Milestones Goal #1 Goal #2 Goal #3 Goal #1: 50% Milestone ☐ achieved □exceeded □ fell short My 75% Milestone will be: Goal #2: 50% Milestone ☐ achieved □ exceeded ☐ fell short My 75% Milestone will be: Goal #3: 50% Milestone ☐ achieved □ fell short □ exceeded My 75% Milestone will be: Step 2: dentify the Patterns That Serve You in the Future When do you show up most consistently? Time of day, day of week, circumstances? When do you struggle most? What triggers make it harder? What helps you return after missing?

What Mindset, strategy, or support gets you back on track?

Step 3: Define What You'll Carry Forward
Goal #1
The ritual(s) that are now part of my life:
Goal #2:
The ritual(s) that are now part of my life:
Goal #3:
The ritual(s) that are now part of my life:
Step 4: Acknowledge Your Wins
Step 5: Set One Intention for the Next Season
My intention for the next season:



Stay Connected

If you've made it to Week 52, I'd love to hear from you.

Share your story, your wins, your reflections at www.kommor-consulting.com

If this book has meant something to you, spread the love and give the gift of growth.

As a thank you for reaching out, I'm offering readers who contact me through the website a special deal to share One Year from Yesterday with friends or family.

Be in touch!

