

# Plans for the Week

DATE \_\_\_\_\_

## WEEKLY GOALS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ACTION STEPS I NEED TO TAKE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SUPPLIES I NEED

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## APPOINTMENTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ERRANDS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## THINGS TO PONDER DURING AFTERNOON TEA

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MY RANKING OF THE WEEK



# Thoughts for the Day

DATE \_\_\_\_\_

## GOALS I HAVE SET FOR TODAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MENTAL WANDERINGS

\_\_\_\_\_

## ACTION STEPS I TOOK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WHAT WAS THE MOST DIFFICULT THING ABOUT TODAY?

\_\_\_\_\_

## WEATHER REPORT



## WHAT WAS THE BEST THING ABOUT TODAY?

\_\_\_\_\_

## CHANGES I WANT TO MAKE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## TODAY'S AFFIRMATION

\_\_\_\_\_

## MY RANKING OF TODAY



