

Name: _____

Top three goals for this week:

1. _____
2. _____
3. _____

This week, I will be mindful of:

Saturday
and Sunday

Monday

Tuesday

Week of

Friday

Wednesday

Thursday

My assets and strengths
to utilize this week:

This week, I am grateful:

<p>To-do list:</p>	<p>Assignments:</p>	<p>Finances:</p>
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