

Week of ___/___ to ___/___ My focus this week: _____

Weekly planner

3 PRIORITIES THIS WEEK

1 _____ **2** _____ **3** _____
mini version: _____ mini version: _____ mini version: _____

MON ___/___	TUE ___/___	WED ___/___	THU ___/___	FRI ___/___	SAT ___/___	SUN ___/___
Appointments _____ _____ _____	Appointments _____ _____ _____	Appointments _____ _____ _____	Appointments _____ _____ _____	Appointments _____ _____ _____	Appointments _____ _____ _____	Appointments _____ _____ _____
Today, just 3: 1 ☐ _____ 2 ☐ _____ 3 ☐ _____ ☐ bad day: I did the mini version Went well: _____ _____	Today, just 3: 1 ☐ _____ 2 ☐ _____ 3 ☐ _____ ☐ bad day: I did the mini version Went well: _____ _____	Today, just 3: 1 ☐ _____ 2 ☐ _____ 3 ☐ _____ ☐ bad day: I did the mini version Went well: _____ _____	Today, just 3: 1 ☐ _____ 2 ☐ _____ 3 ☐ _____ ☐ bad day: I did the mini version Went well: _____ _____	Today, just 3: 1 ☐ _____ 2 ☐ _____ 3 ☐ _____ ☐ bad day: I did the mini version Went well: _____ _____	Today, just 3: 1 ☐ _____ 2 ☐ _____ 3 ☐ _____ ☐ bad day: I did the mini version Went well: _____ _____	Today, just 3: 1 ☐ _____ 2 ☐ _____ 3 ☐ _____ ☐ bad day: I did the mini version Went well: _____ _____

HABITS

	MON	TUE	WED	THU	FRI	SAT	SUN
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

If time allows (no date):

This week's rest:

Weekly review (15 minutes)

Date: __/__/__

3 things that went well

1 _____

2 _____

3 _____

What was left over, and why (no judgment)

One thing to make lighter next week

Monday's first task (so I can start without thinking):

2-minute version: _____