

Weekly Review

Three great things that happened for me last week and why they are important were ...

Last week, I made the following progress on my three biggest goals ...

My biggest challenge last week and what I learned from it was ...

Thinking about my thoughts, feelings, and actions, I would say this about last week ...

A person or people I need to forgive or judge less harshly and the best ways I can do this is/are ...

Weekly Preview

I can nourish my body in a better way this week by ...

A way I can embrace living in harmony with nature this week is ...

Something I can do for fun or creativity this week is ...

A topic I would like to learn more about and the way I will do that this week is ...

My three biggest goals for this week are ...

And now ... schedule these on the Weekly Planning Sheet!