

Weekly Schedule

MONTH							
TOP 5 Goals for the week:							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wake Up @ ____							
Morning Practices:	MORNING PRACTICE	MORNING PRACTICE	MORNING PRACTICE	MORNING PRACTICE	MORNING PRACTICE	MORNING PRACTICE	
1							
2							
3							
Breakfast @ _____							
WORK on top 5 Goals							
1							
2							
3							
4							
5	LUNCH						
Lunch @ _____							
Calls to make:							
1							
2							
3							
						Weekly Review	
	dinner:	dinner:	dinner:	dinner:	dinner:	dinner:	
Personal Goals							
1							
2							
3							
Go to bed @ _____							
Bedtime Practices							
1	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME	
2							

my mantra for the week is:

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