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**Weekly Intentions & Self-Monitoring for Consistent Progress**

**Week of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- |
| **Personal Development & Mindset** | **Physical Environment & Self-Care** |
| **Intentions:**   * Read / Listen Book * Journal * Attend Event * Other | **Intentions:**   * Sleep * Exercise * De-Clutter * Other |
| **Reflection & Check In**   * Learnings, Take Away’s, Ah-Ha’s | **Reflection & Check In** |
| **Business Goals** | **Spiritual Connection & High Vibration** |
| **Intentions:**   * 3 Action Items Towards My Goals * Income Generated * Feel inspired and grateful about my work | **Intentions:**   * Gratitude * Impress / Connect with Infinite Substance * Meditate |
| **Reflection & Check In** | **Reflection & Check In** |

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| **Weekly Reflection Summary** |
| Did I perform with excellence this past week? |
| Did I live up to my values and expectations for giving my best and doing a good job? |
| What (if anything) got in my way? |
| What I learned about myself this week? |
| What I feel successful about this week? |