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

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

|  |  |
| --- | --- |
| **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** |

|  |
| --- |
| **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? |