

Monthly Goal:	Today	Monday		Tuesday	
	Intention				
	What Matters Most	1		1	
		2		2	
		3		3	
This Week's Goal:	Water:	●●●●●●●●		●●●●●●●●	
	Morning:				
Small Tasks:	8:00 am				
	8:30 am				
	9:00 am				
	9:30 am				
	10:00 am				
	10:30 am				
	11:00 am				
	11:30 am				
	12:00 pm				
	12:30 pm				
	1:00 pm				
	1:30 pm				
	2:00 pm				
	2:30 pm				
	3:00 pm				
	3:30 pm				
	4:00 pm				
	4:30 pm				
	5:00 pm				
	5:30 pm				
	6:00 pm				
	Dinner				
	Evening:				
	Grateful:				
		Strength Meditate	Journal Steps	Strength Meditate	Journal Steps

Today	Wednesday		Thursday		Friday	
Intention						
What Matters Most	1		1		1	
	2		2		2	
	3		3		3	
Water:	●●●●●●●●		●●●●●●●●		●●●●●●●●	
Morning:						
8:00 am						
8:30 am						
9:00 am						
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4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm						
Dinner						
Evening:						
Grateful:						
	Strength Meditate	Journal Steps	Strength Meditate	Journal Steps	Strength Meditate	Journal Steps

Today		Saturday		Sunday		
Intention					<i>Progress comes from small, consistent actions.</i>	
What Matters Most	1		1			
	2		2			
	3		3			
Water:						
Morning:						
8:00 am					Spending:	Balance
8:30 am						
9:00 am						
9:30 am						
10:00 am						
10:30 am						
11:00 am						
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4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm						
Dinner						
Evening:						
Grateful:						
	Strength Meditate	Journal Steps	Strength Meditate	Journal Steps		

Negative Thoughts:	Positive View:

This week has been...

What felt good this week?

What do I most want to remember?

I choose to give my attention to...