

Week of: _____

MY PERSONAL VISION STATEMENT

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Write 3 weekly goals that support your mission statement above.

Sunday		Monday		Tuesday		Wednesday	
5:00		5:00		5:00		5:00	
6:00		6:00		6:00		6:00	
7:00		7:00		7:00		7:00	
8:00		8:00		8:00		8:00	
9:00		9:00		9:00		9:00	
10:00		10:00		10:00		10:00	
11:00		11:00		11:00		11:00	
12:00		12:00		12:00		12:00	
1:00		1:00		1:00		1:00	
2:00		2:00		2:00		2:00	
3:00		3:00		3:00		3:00	
4:00		4:00		4:00		4:00	
5:00		5:00		5:00		5:00	
6:00		6:00		6:00		6:00	
7:00		7:00		7:00		7:00	
8:00		8:00		8:00		8:00	
9:00		9:00		9:00		9:00	
10:00		10:00		10:00		10:00	
Today's Goal/s:		Today's Goal/s:		Today's Goal/s:		Today's Goal/s:	
Today's Priorities:		Today's Priorities:		Today's Priorities:		Today's Priorities:	
Spend 2 minutes visualizing your vision statement.		Spend 2 minutes visualizing your vision statement.		Spend 2 minutes visualizing your vision statement.		Spend 2 minutes visualizing your vision statement.	
What is it that I want to do today?		What is it that I want to do today?		What is it that I want to do today?		What is it that I want to do today?	
How am I going to deal with my loved ones today?		How am I going to deal with my loved ones today?		How am I going to deal with my loved ones today?		How am I going to deal with my loved ones today?	

How am I going to handle today's challenges?	How am I going to handle today's challenges?	How am I going to handle today's challenges?	How am I going to handle today's challenges?

Commit to specific "sharpen the saw" activities in all four dimensions this week. Move them to your schedule and evaluate your performance and results at the end of the week.

PHYSICAL		SPIRITUAL		MENTAL		SOCIAL/EMOTIONAL	

Thursday		Friday		Saturday		I am grateful for:	
Today's Goal/s:		Today's Goal/s:		Today's Goal/s:			
Today's Priorities:		Today's Priorities:		Today's Priorities:			
Spend 2 minutes visualizing your vision statement.		Spend 2 minutes visualizing your vision statement.		Spend 2 minutes visualizing your vision statement.			
What is it that I want to do today?		What is it that I want to do today?		What is it that I want to do today?		Weekly Goals	
How am I going to deal with my loved ones today?		How am I going to deal with my loved ones today?		How am I going to deal with my loved ones today?			
How am I going to handle today's challenges?		How am I going to handle today's challenges?		How am I going to handle today's challenges?			
						Action Items to Reach my Goals	
5:00		5:00		5:00			
6:00		6:00		6:00			
7:00		7:00		7:00			
8:00		8:00		8:00			
9:00		9:00		9:00			
10:00		10:00		10:00			
11:00		11:00		11:00			
12:00		12:00		12:00			
1:00		1:00		1:00			
2:00		2:00		2:00			
3:00		3:00		3:00			
4:00		4:00		4:00			
5:00		5:00		5:00			
6:00		6:00		6:00			
7:00		7:00		7:00			
8:00		8:00		8:00			
9:00		9:00		9:00			
10:00		10:00		10:00			