

12Week Year Planner

*Get more done in 12 weeks than most get
done in 12 months!*

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Your One Big Goal

Unlike other planners and systems, the 12 Week Sprint Plan is not about working on everything in your life in 12 weeks, but all about attacking one big goal with purpose and intensity. Of course, not all goals can be accomplished in 12 weeks, but the purpose of it is to focus on 12 weeks at a time. Let's get clear on your goals.

What are some of the goals you want to tackle this year or the rest of the year?

1 2 3 4 5

Five large circles are arranged horizontally. The numbers 1, 2, 3, 4, and 5 are placed inside the first five circles respectively. The circles are empty for writing.

Which one (only one) of these will have the biggest impact in your life?

Why do you want to achieve this specific goal?

What would happen if you don't reach or attempt to reach this goal?

If this goal is too big for 12 weeks, break this down into four 12 week segments, then prioritize them.

___ Weeks	___ Weeks	___ Weeks	___ Weeks

My 12 Week Goals



Now that you have your one big goal in 4 segments, write down the segment you will focus upon the next 12 weeks.

Break it down further. What will you do each week to accomplish this?

Week 1	
Week 2	
Week 3	
Week 4	
Week 5	
Week 6	
Week 7	
Week 8	
Week 9	
Week 10	
Week 11	
Week 12	
Week 13	

WeekOne



From your 12 week goals page, what is this week's non-negotiable goal?

A large rectangular area with a light gray dotted grid pattern for writing a non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

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Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
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Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

WeekOneReview



What are you most proud of accomplishing this week?

Large dotted writing area for the first question.



What was challenging for you?

Large dotted writing area for the second question.



What did you learn this week?

Large dotted writing area for the third question.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing the response to the fourth question.

How would you rate this week?

- 1 2 3 4 5 6 7 8 9 10

WeekTwo



From your 12 week goals page, what is this week's non-negotiable goal?

A large rectangular area with a light gray dotted background, intended for writing the week's non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
<i>Fri</i>	
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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
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_____	_____

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
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_____	_____
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Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
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_____	_____
_____	_____

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
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Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____
_____	_____

WeekTwoReview



What are you most proud of accomplishing this week?

Large dotted writing area for the first question.



What was challenging for you?

Large dotted writing area for the second question.



What did you learn this week?

Large dotted writing area for the third question.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing the response to the fourth question.

How would you rate this week?

- 1 2 3 4 5 6 7 8 9 10

WeekThree



From your 12 week goals page, what is this week's non-negotiable goal?

Dotted writing area for the week's non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
<i>Fri</i>	
<i>Sat</i>	
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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
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Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

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_____	_____

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

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_____	_____

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
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_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____
_____	_____

Week Three Review



What are you most proud of accomplishing this week?

Large dotted writing area for reflecting on accomplishments.



What was challenging for you?

Large dotted writing area for reflecting on challenges.



What did you learn this week?

Large dotted writing area for reflecting on lessons learned.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing encouragement for a friend.

How would you rate this week?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

WeekFour



From your 12 week goals page, what is this week's non-negotiable goal?

A large rectangular area with a dotted grid pattern, intended for writing the week's non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
<i>Fri</i>	
<i>Sat</i>	
<i>Sun</i>	

A vertical list of 21 horizontal lines for tasks. Each line begins with a small purple circle, serving as a bullet point or checkbox.

Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
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_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
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_____	_____
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Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
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Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

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Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
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Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
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_____	_____

WeekFourReview



What are you most proud of accomplishing this week?

Large dotted writing area for the first question.



What was challenging for you?

Large dotted writing area for the second question.



What did you learn this week?

Large dotted writing area for the third question.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them them.

Four horizontal lines for writing the response to the fourth question.

How would you rate this week?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

WeekFive



From your 12 week goals page, what is this week's non-negotiable goal?

A large rectangular box with a light gray border and a grid of small dots inside, intended for writing the non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
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Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
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Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
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_____	_____

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
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_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
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WeekFiveReview



What are you most proud of accomplishing this week?

Large dotted writing area for the first question.



What was challenging for you?

Large dotted writing area for the second question.



What did you learn this week?

Large dotted writing area for the third question.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing the response to the fourth question.

How would you rate this week?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

WeekSix



From your 12 week goals page, what is this week's non-negotiable goal?

A large rectangular area with a light gray dotted grid pattern, intended for writing the week's non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
<i>Fri</i>	
<i>Sat</i>	
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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
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Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

WeekSixReview



What are you most proud of accomplishing this week?

Large dotted writing area for the first question.



What was challenging for you?

Large dotted writing area for the second question.



What did you learn this week?

Large dotted writing area for the third question.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing the response to the fourth question.

How would you rate this week?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

WeekSeven



From your 12 week goals page, what is this week's non-negotiable goal?

Dotted area for writing the non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
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<i>Thu</i>	
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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

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_____	_____
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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
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Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

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_____	_____
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_____	_____

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____

WeekSevenReview



What are you most proud of accomplishing this week?

Large dotted grid area for writing the answer to the first question.



What was challenging for you?

Large dotted grid area for writing the answer to the second question.



What did you learn this week?

Large dotted grid area for writing the answer to the third question.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing the answer to the fourth question.

How would you rate this week?

- 1 2 3 4 5 6 7 8 9 10

WeekEight



From your 12 week goals page, what is this week's non-negotiable goal?

A large rectangular area with a light gray dotted grid background, intended for writing the non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
<i>Fri</i>	
<i>Sat</i>	
<i>Sun</i>	

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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WeekEight Review



What are you most proud of accomplishing this week?

Large dotted writing area for reflecting on accomplishments.



What was challenging for you?

Large dotted writing area for reflecting on challenges.



What did you learn this week?

Large dotted writing area for reflecting on lessons learned.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing encouragement for a friend.

How would you rate this week?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

WeekNine



From your 12 week goals page, what is this week's non-negotiable goal?

A large rectangular area with a dotted grid pattern for writing the week's non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
<i>Fri</i>	
<i>Sat</i>	
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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
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_____	_____

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WeekNineReview



What are you most proud of accomplishing this week?

Large dotted grid area for writing the answer to the first question.



What was challenging for you?

Large dotted grid area for writing the answer to the second question.



What did you learn this week?

Large dotted grid area for writing the answer to the third question.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing the answer to the fourth question.

How would you rate this week?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

WeekTen



From your 12 week goals page, what is this week's non-negotiable goal?

A large rectangular area with a light gray dotted background, intended for writing the week's non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
<i>Fri</i>	
<i>Sat</i>	
<i>Sun</i>	

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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WeekTenReview



What are you most proud of accomplishing this week?

Large dotted writing area for reflecting on accomplishments.



What was challenging for you?

Large dotted writing area for reflecting on challenges.



What did you learn this week?

Large dotted writing area for reflecting on lessons learned.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing encouragement for a friend.

How would you rate this week?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

WeekEleven



From your 12 week goals page, what is this week's non-negotiable goal?

A large rectangular area with a light gray dotted grid pattern, intended for writing the non-negotiable goal.

Key/Important Days

To Do's

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
<i>Fri</i>	
<i>Sat</i>	
<i>Sun</i>	

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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WeekElevenReview



What are you most proud of accomplishing this week?

Large dotted writing area for reflecting on accomplishments.



What was challenging for you?

Large dotted writing area for reflecting on challenges.



What did you learn this week?

Large dotted writing area for reflecting on lessons learned.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing encouragement for a friend.

How would you rate this week?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

WeekTwelve



From your 12 week goals page, what is this week's non-negotiable goal?

Large dotted grid for writing the non-negotiable goal.

Key/Important Days

To Do's

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Week Twelve Review



What are you most proud of accomplishing this week?

Large dotted grid area for writing the answer to the first question.



What was challenging for you?

Large dotted grid area for writing the answer to the second question.



What did you learn this week?

Large dotted grid area for writing the answer to the third question.



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

Four horizontal lines for writing the answer to the fourth question.

How would you rate this week?

- 1 2 3 4 5 6 7 8 9 10