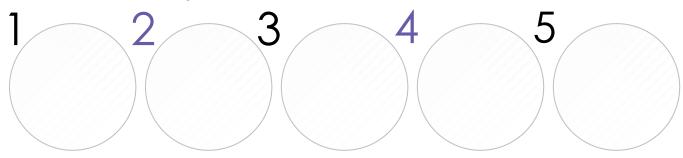
# 12Week Plamer



#### 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?



| 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 |   |   |   | . W | Weeks |   |         |   |   |   | _ Weeks |   |   |   | Weeks |   |         |   |   |   |   |   |   |   |   |   |     |   |   |   |   |   |   |   |   |   |
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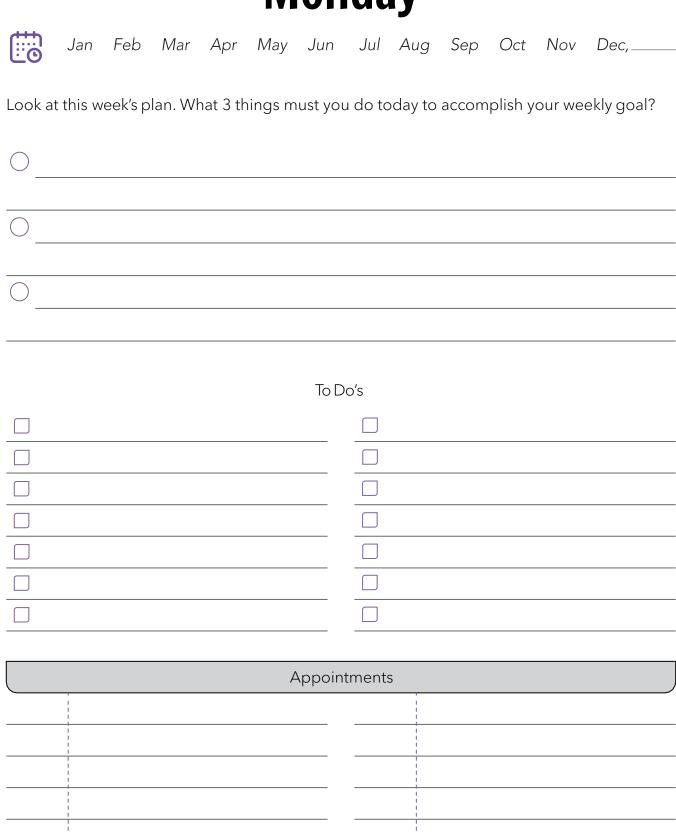
# My 12 Week Goals

| Now focus     | that you have your one big goal in 4 segments, write down the segment you will 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       |  |
| WEEK 14       |  |

#### Week One

|     | From your 12 week goals page, wha | t is this week's non-negotiable goal? |
|-----|-----------------------------------|---------------------------------------|
|     | <th></th>                         |                                       |
|     | Key/Important Days                | To Do's                               |
| Mon |                                   |                                       |
| Tue |                                   |                                       |
| Wed |                                   |                                       |
| Thu |                                   |                                       |
| Fri |                                   |                                       |
| Sat |                                   |                                       |
| Sun |                                   |                                       |

#### **Monday**



# **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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# Wednesday

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# **Thursday**

|                | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug                 | Sep   | Oct     | Nov    | Dec,       |
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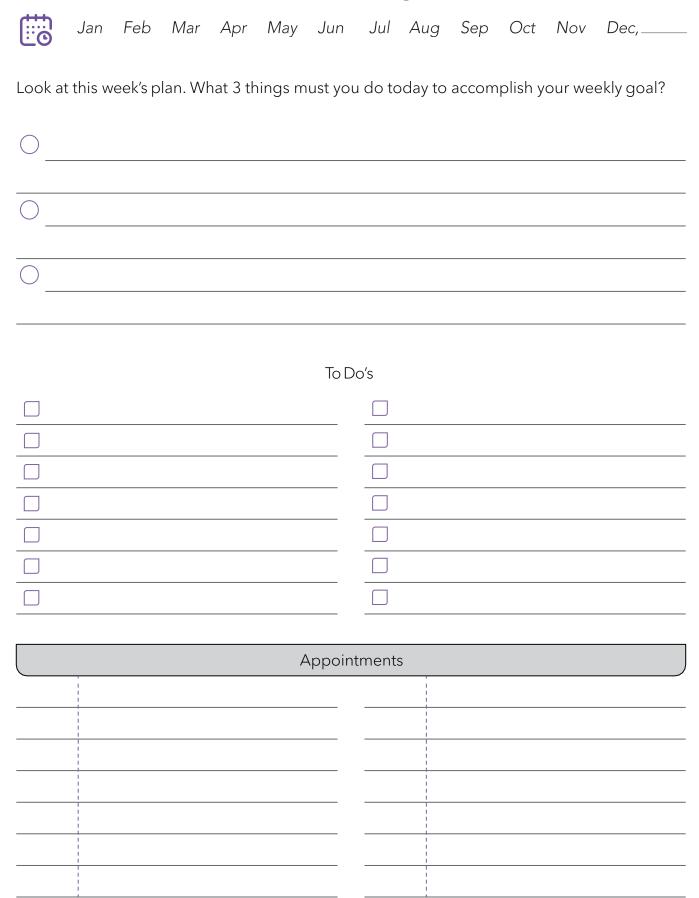
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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## **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
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#### Sunday



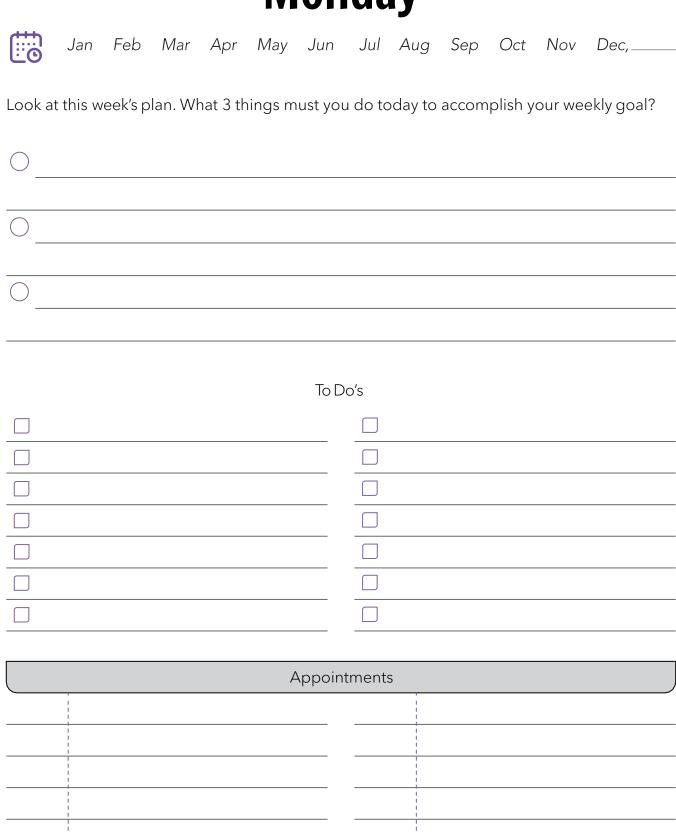
#### Week One Review

|   | What are you most proud of accomplishing this week?  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | What was challenging for you?  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|   | What did you learn this week?  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ( |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|   | Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them. |  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | How would you rate this week?  |  |  |  |  |  |  |  |  |  |  |  |  |  |

#### **Week Two**

|     | From your 12 week goals page, what | is this week's non-negotiable goal? |
|-----|------------------------------------|-------------------------------------|
|     |                                    |                                     |
|     | Key/Important Days                 | To Do's                             |
| Mon |                                    |                                     |
| Tue |                                    |                                     |
| Wed |                                    |                                     |
| Thu |                                    | 0                                   |
| Fri |                                    | <u>O</u> <u>O</u> <u>O</u>          |
| Sat |                                    |                                     |
| Sun |                                    |                                     |

#### **Monday**



# **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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# Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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# **Thursday**

|                | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
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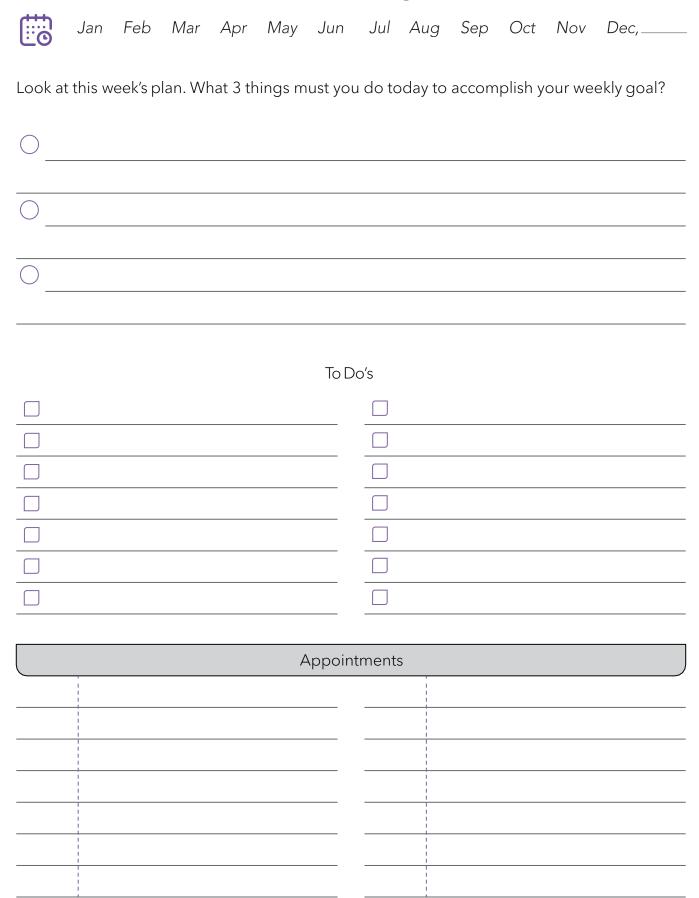
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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## **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|-----------------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 6            |          |         |         | ·        | -       |         |         | J      | ·     |         |        |            |
| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
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|                       |          |         |         |          |         | Appoint | tments  |        |       |         |        |            |
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#### Sunday



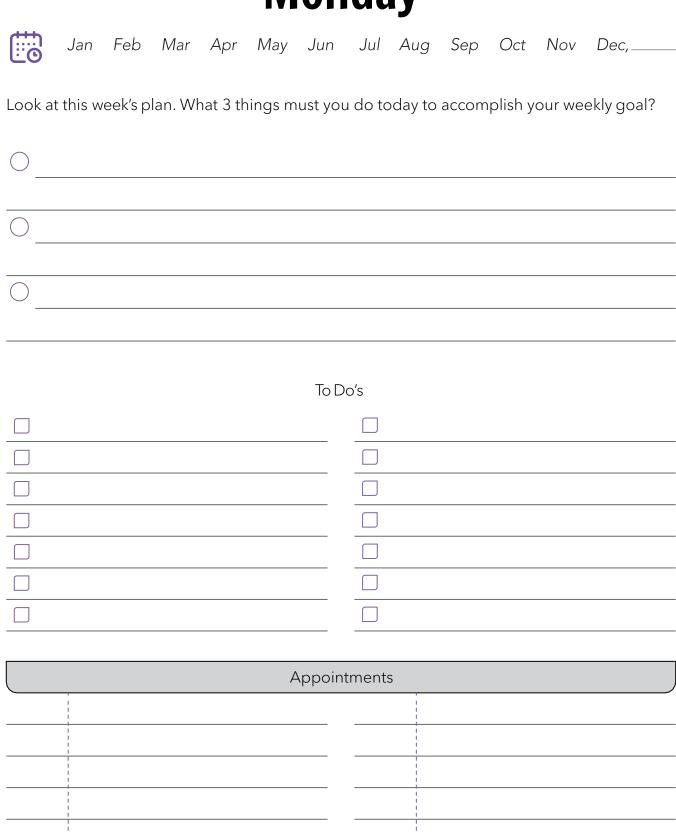
#### **Week Two Review**

| ھ     | Wł | nat a | are | ус   | )U I | mc   | st  | pr  | ou   | d d  | of a | ac                                    | СО | mţ   | olis | hir | ng  | th | is v | we                                    | ek' | ?   |    |    |       |     |    |    |      |        |    |      |     |   |
|-------|----|-------|-----|------|------|------|-----|-----|------|------|------|---------------------------------------|----|------|------|-----|-----|----|------|---------------------------------------|-----|-----|----|----|-------|-----|----|----|------|--------|----|------|-----|---|
|       |    |       |     |      |      |      |     |     |      |      |      |                                       |    |      |      |     |     |    |      |                                       |     |     |    |    |       |     |    |    |      |        |    |      |     |   |
|       |    |       |     |      |      |      |     |     |      |      |      |                                       |    |      |      |     |     |    |      |                                       |     |     |    |    |       |     |    |    |      |        |    |      |     |   |
|       |    |       |     |      |      |      |     |     |      |      |      |                                       |    |      |      |     |     |    |      |                                       |     |     |    |    |       |     |    |    |      |        |    |      |     |   |
|       |    |       |     |      |      |      |     |     |      |      |      |                                       |    |      |      |     |     |    |      |                                       |     |     |    |    |       |     |    |    |      |        |    |      |     |   |
|       |    |       |     |      |      |      |     |     |      |      |      |                                       |    |      |      |     |     |    |      |                                       |     |     |    |    |       |     |    |    | •    | •      | •  |      |     |   |
|       |    |       |     |      |      |      |     |     |      |      |      |                                       |    |      |      |     |     |    |      | 1                                     |     |     |    |    |       |     |    |    | •    | 1      | 1  |      |     |   |
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|       | Wł | nat v | was | s cl | hal  | ller | ngi | ing | g fo | or y | Όι   | ı?                                    |    |      |      |     |     |    |      |                                       |     |     |    |    |       |     |    |    |      |        |    |      |     |   |
| · · · |    |       |     |      |      |      |     |     |      |      |      |                                       |    |      |      |     |     |    |      |                                       |     |     |    |    |       |     |    |    |      |        |    |      |     |   |
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|       |    |       |     |      |      |      |     |     |      |      |      |                                       |    |      |      |     |     |    |      |                                       |     |     |    |    |       |     |    |    |      |        |    |      |     |   |
|       |    |       |     |      |      |      | •   | 1   | •    | 1    | •    | •                                     |    | •    |      |     |     | •  |      | •                                     |     |     |    |    |       | •   | •  |    | •    | •      | •  | 1    | •   |   |
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|       | Wł | nat d | did | yc   | ou   | lea  | arn | th  | is \ | we   | ek'  | ?                                     |    |      |      |     |     |    |      |                                       |     |     |    |    |       |     |    |    |      |        |    |      |     |   |
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#### **Week Three**

|     | From your 12 week goals page, wha | t is this week's non-negotiable goal? |
|-----|-----------------------------------|---------------------------------------|
|     | <th></th>                         |                                       |
|     | Key/Important Days                | To Do's                               |
| Mon |                                   |                                       |
| Tue |                                   |                                       |
| Wed |                                   |                                       |
| Thu |                                   |                                       |
| Fri |                                   |                                       |
| Sat |                                   |                                       |
| Sun |                                   |                                       |

#### **Monday**



# **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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| Look a     | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you  | u do to | oday to | accom | plish y | our we | ekly goal? |
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# Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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# **Thursday**

|                | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug                 | Sep   | Oct     | Nov    | Dec,       |
|----------------|----------|---------|---------|----------|---------|---------|---------|---------------------|-------|---------|--------|------------|
| <u>-</u> 0     |          |         |         |          |         |         |         |                     |       |         |        |            |
| Look at        | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to              | accom | plish y | our we | ekly goal? |
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|                |          |         |         |          |         | To D    | oʻs     |                     |       |         |        |            |
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|                | i        |         |         |          |         | фронн   |         |                     |       |         |        | )          |
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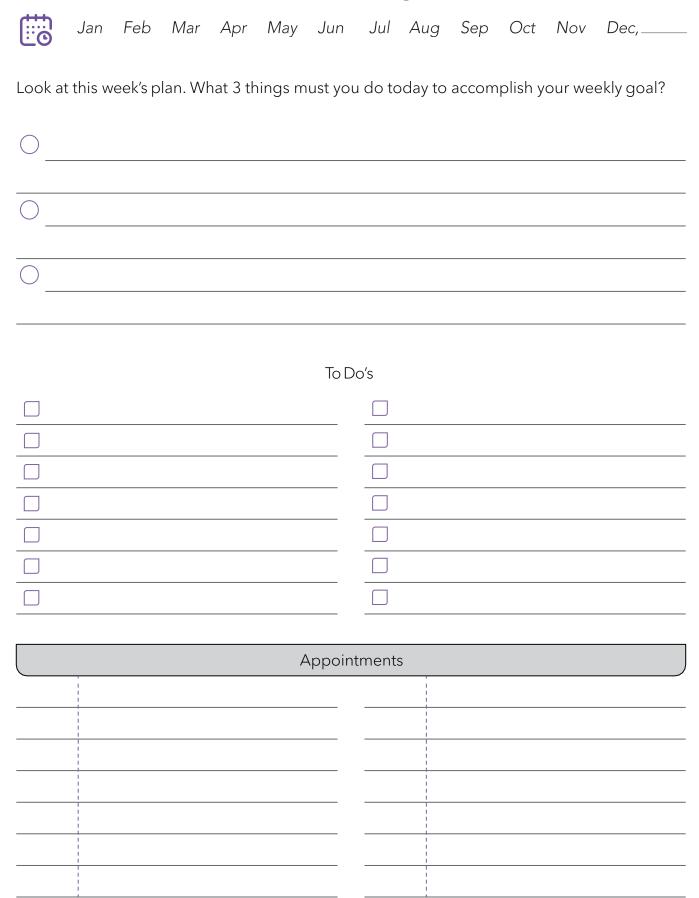
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|----------|---------|----------|---------|----------|---------|---------|-------|---------|--------|------------|
|            |          |          |         |          |         |          |         |         |       |         |        |            |
| Look a     | t this w | reek's p | lan. Wł | nat 3 th | nings m | iust you | u do to | oday to | accom | plish y | our we | ekly goal? |
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## **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|-----------------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 6            |          |         |         | ·        | -       |         |         | J      | ·     |         |        |            |
| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
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|                       |          |         |         |          |         | Appoint | tments  |        |       |         |        |            |
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#### Sunday



#### **Week Three Review**

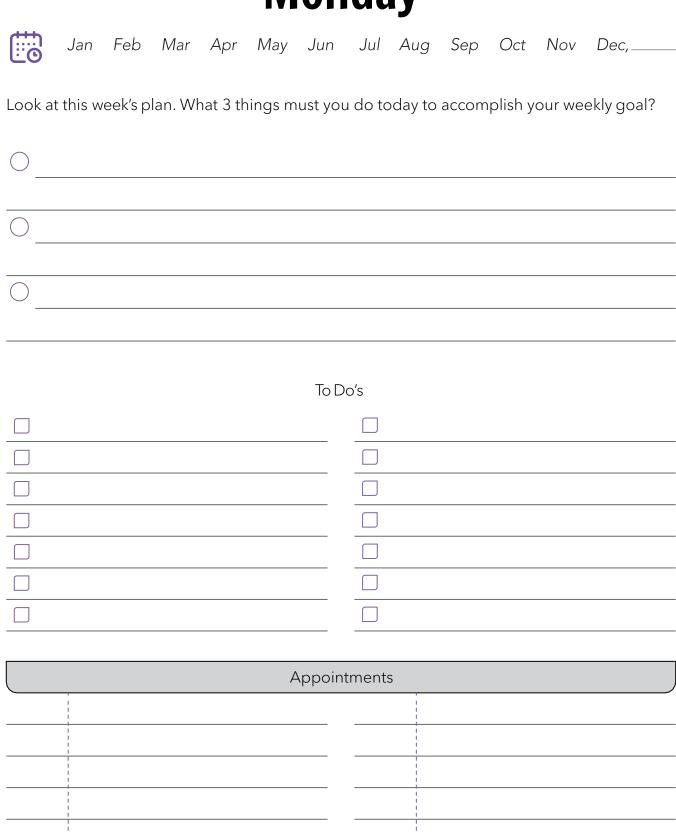
|          | Wh  | at a | are | уо   | u I | mc   | st  | pr  | ou   | d   | of  | ac         | СО | mţ   | olis | hii | ng  | th | is v | ve                                    | ek                    | ?   |    |   |      |     |    |    |      |     |    |       |     |
|----------|-----|------|-----|------|-----|------|-----|-----|------|-----|-----|------------|----|------|------|-----|-----|----|------|---------------------------------------|-----------------------|-----|----|---|------|-----|----|----|------|-----|----|-------|-----|
| <u> </u> |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      | •   | •    | •   | •    | •   | •   | •    | •   | •   | •          | •  | •    | •    | •   | •   | •  | •    | •                                     | •                     | •   | •  | • | •    | •   | •  | -  | •    | •   | •  | •     | •   |
|          | Wh  | at v | vas | s cl | nal | ller | ngi | inc | g fo | ory | /OI | <b>"</b> ? |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
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|          | • • | - 1  | •   | •    | •   | -    | •   | •   | •    | •   |     | •          |    | - 1  | •    |     | •   | •  | •    | •                                     |                       |     | •  | • | -    |     |    | -  | •    | -   | -  | •     | -   |
|          | Wh  | at c | bib | yc   | ou  | lea  | arn | th  | is   | we  | ek  | ?          |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
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|          |     |      |     |      | •   |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     | •    | •   |      |     | •    |     |     | •    | •   |     |            |    |      |      |     |     |    |      |                                       |                       | ٠   |    | ٠ |      |     |    |    |      |     |    | ٠     |     |
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|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          |     |      |     |      |     |      |     |     |      |     |     |            |    |      |      |     |     |    |      |                                       |                       |     |    |   |      |     |    |    |      |     |    |       |     |
|          | Ima |      |     |      |     |      |     |     |      | nac | d a |            | ee | k li | ke   | th  | is. |    | rite | · · · · · · · · · · · · · · · · · · · | ·<br>·<br>·<br>·<br>· | t y | ou |   | illt | ell | th | en | n to | ) S | pu | ır tl | ner |

1 2 3 4 5 6 7 8 9 10

#### **Week Four**

| From your 12 week goals | page, what is this week's non-negotiable goal? |
|-------------------------|--|
|                         |  |
| Key/Important Days      | To Do's  |
| Mon                     | <u>O</u> <u>O</u> O                            |
| Tue                     |  |
| Wed                     |  |
| Thu                     | <u>O</u> <u>O</u>                              |
| Fri                     |  |
| Sat                     | <u>O</u> <u>O</u> <u>O</u> O                   |
| Sun                     |  |

#### **Monday**



# **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|---------|---------|----------|---------|----------|---------|---------|-------|---------|--------|------------|
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| Look a     | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you  | u do to | oday to | accom | plish y | our we | ekly goal? |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
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|            |          |         |         |          |         | Appoin   | ment    |         |       |         |        | )          |
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# Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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| Look a | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | oday to | accom | plish y | our we | ekly goal? |
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# **Thursday**

| <u> </u> | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug  | Sep   | Oct     | Nov    | Dec,       |
|----------|----------|---------|---------|----------|---------|---------|---------|--|-------|---------|--------|------------|
| Look at  | this w   | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | oday to  | accom | plish y | our we | ekly goal? |
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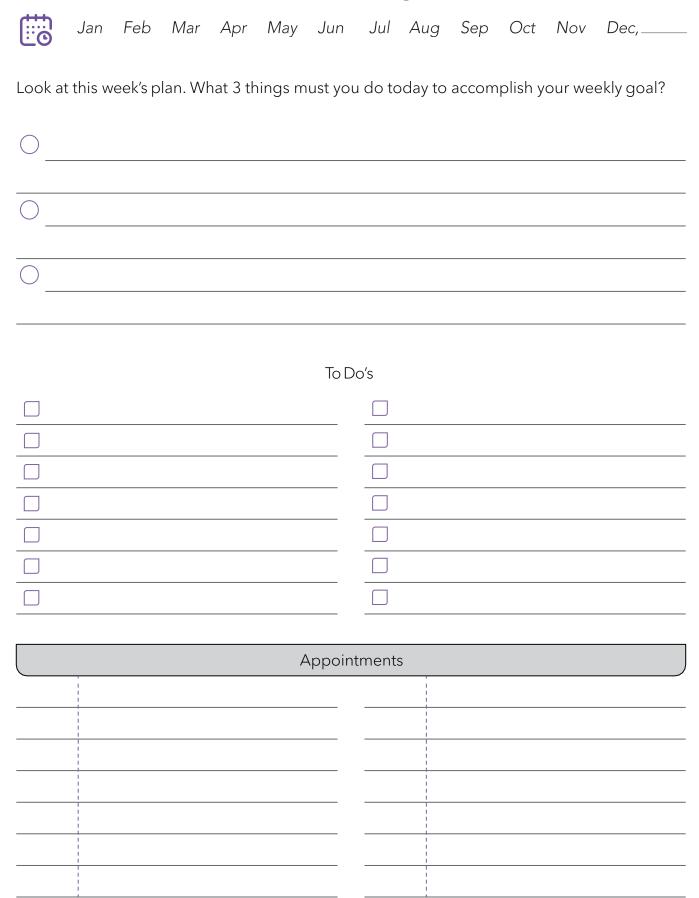
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun                 | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|----------|---------|----------|---------|---------------------|---------|---------|-------|---------|--------|------------|
|            |          |          |         |          |         |                     |         |         |       |         |        |            |
| Look a     | t this w | reek's p | lan. Wł | nat 3 th | nings m | nust you            | u do to | oday to | accom | plish y | our we | ekly goal? |
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|            |          |          |         |          |         |                     |         |         |       |         |        |            |
| <u> </u>   |          |          |         |          |         |                     |         |         |       |         |        |            |
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|            |          |          |         |          |         |                     |         |         |       |         |        |            |
|            |          |          |         |          |         | To D                | no's    |         |       |         |        |            |
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|            | i        |          |         |          | F       | Appoin <sup>.</sup> | tment   | S       |       |         |        |            |
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### **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|-----------------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 6            |          |         |         | ·        | -       |         |         | J      | ·     |         |        |            |
| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
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|                       |          |         |         |          |         | To D    | o's     |        |       |         |        |            |
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|                       |          |         |         |          |         | Appoint | tments  |        |       |         |        |            |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
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|                       |          |         |         |          |         |         |         |        |       |         |        |            |

#### Sunday



#### **Week Four Review**

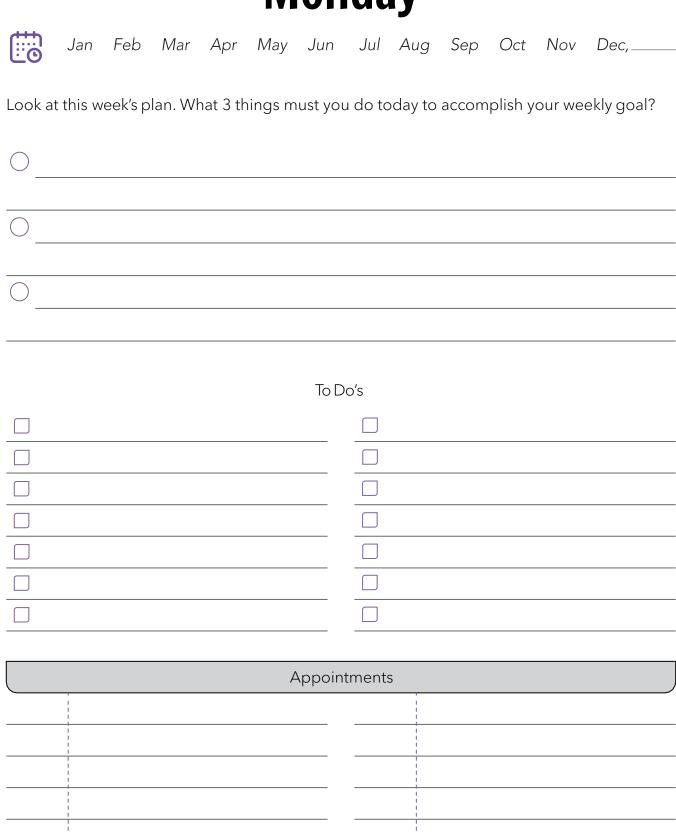
| <b>S</b> | What are you most proud of accomplishing this week?  |  |  |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|--|--|--|
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|          |  |  |  |  |  |  |  |  |  |  |
|          | What was challenging for you?  |  |  |  |  |  |  |  |  |  |
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|          |  |  |  |  |  |  |  |  |  |  |
|          |  |  |  |  |  |  |  |  |  |  |
|          | What did you learn this week?  |  |  |  |  |  |  |  |  |  |
| (        |  |  |  |  |  |  |  |  |  |  |
|          |  |  |  |  |  |  |  |  |  |  |
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|          |  |  |  |  |  |  |  |  |  |  |
|          | Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them. |  |  |  |  |  |  |  |  |  |
|          | How would you rate this week?  |  |  |  |  |  |  |  |  |  |

1 2 3 4 5 6 7 8 9 10

#### **Week Five**

| From your 12 week goals p | page, what is this week's non-negotiable goal? |
|---------------------------|--|
|                           |  |
| Key/Important Days        | To Do's  |
| Mon                       |  |
| Тие                       |  |
| Wed                       |  |
| Thu                       |  |
| Fri                       | 0  |
| Sat                       |  |
| Sun                       |  |

#### **Monday**



## **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|---------|---------|----------|---------|----------|---------|---------|-------|---------|--------|------------|
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| Look a     | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you  | u do to | oday to | accom | plish y | our we | ekly goal? |
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|            |          |         |         |          |         | To D     | o's     |         |       |         |        |            |
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|            |          |         |         |          |         | Appoin   | enc     |         |       |         |        | )          |
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### Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|--------|----------|---------|---------|----------|---------|---------|---------|---------|-------|---------|--------|------------|
| Look a | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | oday to | accom | plish y | our we | ekly goal? |
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|        |          |         |         |          |         | To D    | o's     |         |       |         |        |            |
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|        |          |         |         |          |         |         |         |         |       |         |        |            |
|        |          |         |         |          | A       | Appoint | tment   | S       |       |         |        |            |
|        |          |         |         |          |         |         |         | :       |       |         |        |            |
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### **Thursday**

|                | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug                 | Sep   | Oct     | Nov    | Dec,       |
|----------------|----------|---------|---------|----------|---------|---------|---------|---------------------|-------|---------|--------|------------|
| <u>-</u> 0     |          |         |         |          |         |         |         |                     |       |         |        |            |
| Look at        | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to              | accom | plish y | our we | ekly goal? |
| $\bigcirc$     |          |         |         |          |         |         |         |                     |       |         |        |            |
|                |          |         |         |          |         |         |         |                     |       |         |        |            |
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| $\circ$ $_{-}$ |          |         |         |          |         |         |         |                     |       |         |        |            |
|                |          |         |         |          |         |         |         |                     |       |         |        |            |
|                |          |         |         |          |         | To D    | oʻs     |                     |       |         |        |            |
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|                |          |         |         |          | ^       | .ppoint | tmant   |                     |       |         |        |            |
|                | i        |         |         |          |         | фронн   |         |                     |       |         |        | )          |
|                |          |         |         |          |         |         |         |                     |       |         |        |            |
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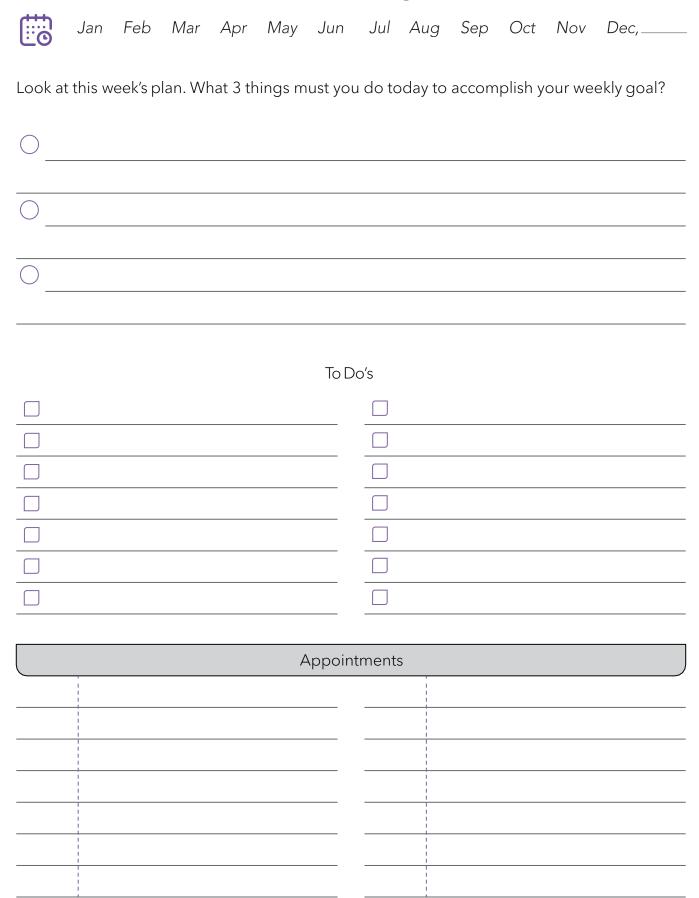
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|----------|---------|----------|---------|----------|---------|---------|-------|---------|--------|------------|
|            |          |          |         |          |         |          |         |         |       |         |        |            |
| Look a     | t this w | reek's p | lan. Wł | nat 3 th | nings m | iust you | u do to | oday to | accom | plish y | our we | ekly goal? |
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|            |          |          |         |          |         |          |         |         |       |         |        |            |
| <u> </u>   |          |          |         |          |         |          |         |         |       |         |        |            |
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|            |          |          |         |          |         |          |         |         |       |         |        |            |
|            |          |          |         |          |         | To D     | o's     |         |       |         |        |            |
|            |          |          |         |          |         | 10 2     |         |         |       |         |        |            |
|            |          |          |         |          |         |          |         |         |       |         |        |            |
|            |          |          |         |          |         |          |         |         |       |         |        |            |
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|            |          |          |         |          |         | Appoin   | tment   | S       |       |         |        |            |
|            | 1        |          |         |          |         |          |         | i       |       |         |        |            |
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|            |          |          |         |          |         |          |         |         |       |         |        |            |

### **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|-----------------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 6            |          |         |         | ·        | -       |         |         | J      | ·     |         |        |            |
| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
| _                     |          |         |         |          |         |         |         |        |       |         |        |            |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
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|                       |          |         |         |          |         | To D    | o's     |        |       |         |        |            |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
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|                       |          |         |         |          |         |         |         |        |       |         |        |            |
|                       |          |         |         |          |         | Appoint | tments  |        |       |         |        |            |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
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|                       | 1        |         |         |          |         |         |         |        |       |         |        |            |
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#### Sunday



#### **Week Five Review**

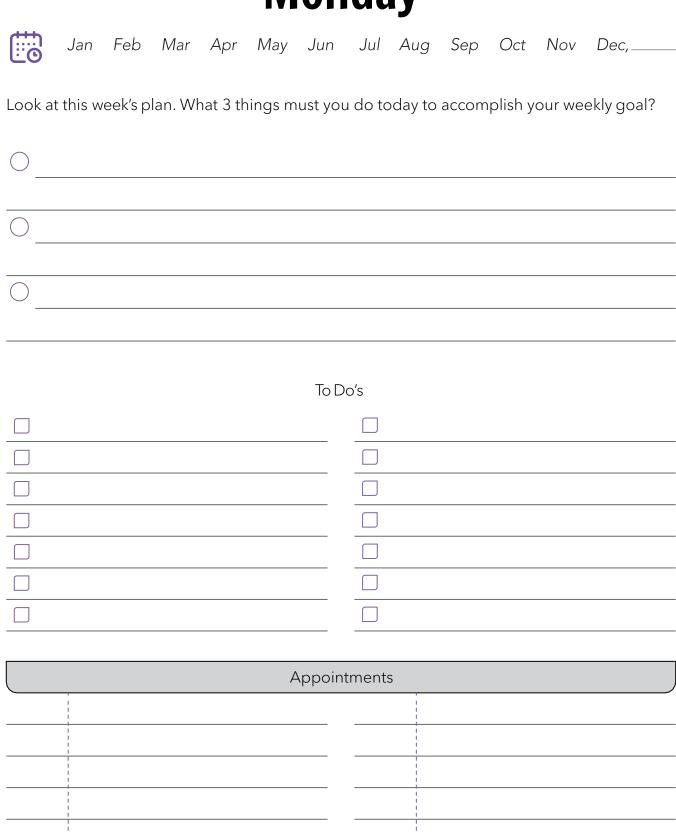
| ر<br>ص | What are you most proud of accomplishing this week?  |  |  |  |  |  |  |  |  |  |  |
|--------|--|--|--|--|--|--|--|--|--|--|--|
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|        |  |  |  |  |  |  |  |  |  |  |  |
|        |  |  |  |  |  |  |  |  |  |  |  |
|        | What was challenging for you?  |  |  |  |  |  |  |  |  |  |  |
|        |  |  |  |  |  |  |  |  |  |  |  |
|        |  |  |  |  |  |  |  |  |  |  |  |
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|        |  |  |  |  |  |  |  |  |  |  |  |
|        |  |  |  |  |  |  |  |  |  |  |  |
|        | What did you learn this week?  |  |  |  |  |  |  |  |  |  |  |
| (      |  |  |  |  |  |  |  |  |  |  |  |
|        |  |  |  |  |  |  |  |  |  |  |  |
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|        |  |  |  |  |  |  |  |  |  |  |  |
|        | Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them. |  |  |  |  |  |  |  |  |  |  |
|        |  |  |  |  |  |  |  |  |  |  |  |

1 2 3 4 5 6 7 8 9 10

### **Week Six**

| 1   | From your 12 week goals page, wha | at is this week's non-negotiable goal? |
|-----|-----------------------------------|--|
|     |                                   |  |
|     | Key/Important Days                | To Do's                                |
| (   |                                   |  |
| Mon |                                   |  |
|     |                                   |  |
| Tue |                                   |  |
| 1   |                                   |  |
| 70  |                                   |  |
| Wed |                                   |  |
| -   |                                   |  |
| Thu |                                   | 0                                      |
| 7   |                                   |  |
|     |                                   |  |
| Fri |                                   |  |
| -   |                                   |  |
| Sat |                                   |  |
| ,   |                                   |  |
| _   |                                   |  |
| Sun |                                   |  |
|     |                                   |  |

#### **Monday**



## **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|---------|---------|----------|---------|----------|---------|---------|-------|---------|--------|------------|
|            |          |         |         |          |         |          |         |         |       |         |        |            |
| Look a     | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you  | u do to | oday to | accom | plish y | our we | ekly goal? |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
| _          |          |         |         |          |         |          |         |         |       |         |        |            |
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|            |          |         |         |          |         |          |         |         |       |         |        |            |
|            |          |         |         |          |         | To D     | o's     |         |       |         |        |            |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
|            |          |         |         |          | ^       | \ nnoint | tmont   | 2       |       |         |        |            |
|            |          |         |         |          |         | Appoin   | enc     |         |       |         |        | )          |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
|            | <u> </u> |         |         |          |         |          |         |         |       |         |        |            |
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|            |          |         |         |          |         |          |         |         |       |         |        |            |
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### Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|--------|----------|---------|---------|----------|---------|---------|---------|---------|-------|---------|--------|------------|
| Look a | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | oday to | accom | plish y | our we | ekly goal? |
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|        |          |         |         |          |         | To D    | o's     |         |       |         |        |            |
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|        |          |         |         |          |         |         |         |         |       |         |        |            |
|        |          |         |         |          | A       | Appoint | tment   | S       |       |         |        |            |
|        |          |         |         |          |         |         |         | :       |       |         |        |            |
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|        |          |         |         |          |         |         |         |         |       |         |        |            |

### **Thursday**

|                | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|----------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 0     |          |         |         |          |         |         |         |        |       |         |        |            |
| Look at        | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
| $\bigcirc$     |          |         |         |          |         |         |         |        |       |         |        |            |
|                |          |         |         |          |         |         |         |        |       |         |        |            |
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|                |          |         |         |          |         |         |         |        |       |         |        |            |
| $\circ$ $_{-}$ |          |         |         |          |         |         |         |        |       |         |        |            |
|                |          |         |         |          |         |         |         |        |       |         |        |            |
|                |          |         |         |          |         | To D    | oʻs     |        |       |         |        |            |
|                |          |         |         |          |         |         |         |        |       |         |        |            |
|                |          |         |         |          |         |         |         |        |       |         |        |            |
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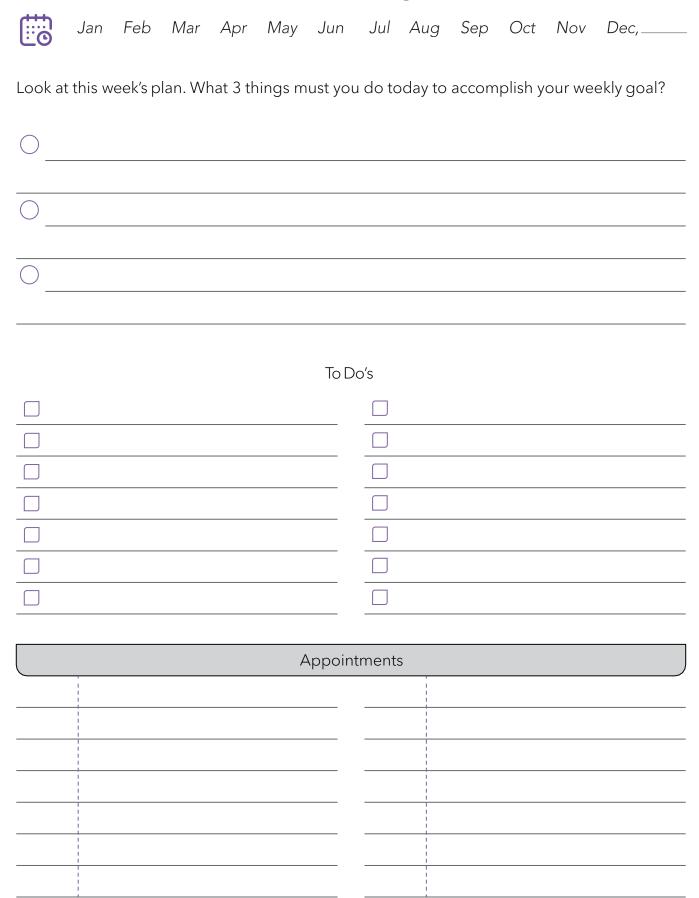
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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| Look a     | t this w | reek's p | lan. Wł | nat 3 th | nings m | iust you | u do to | oday to | accom | plish y | our we | ekly goal? |
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|            |          |          |         |          |         | Appoin   | tment   | S       |       |         |        |            |
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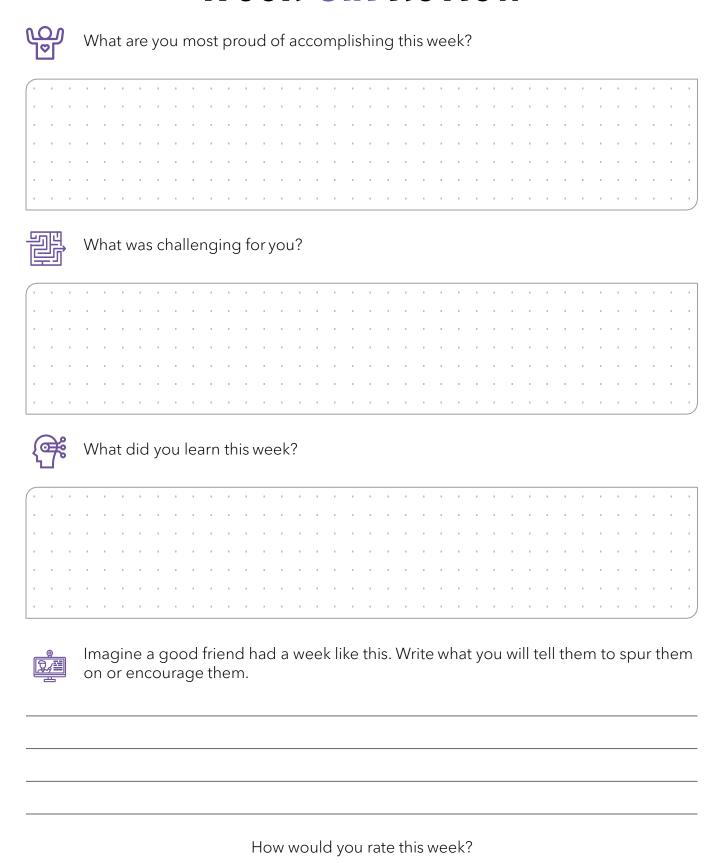
### **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
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| <u>-</u> 6            |          |         |         | ·        | -       |         |         | J      | ·     |         |        |            |
| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
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#### Sunday



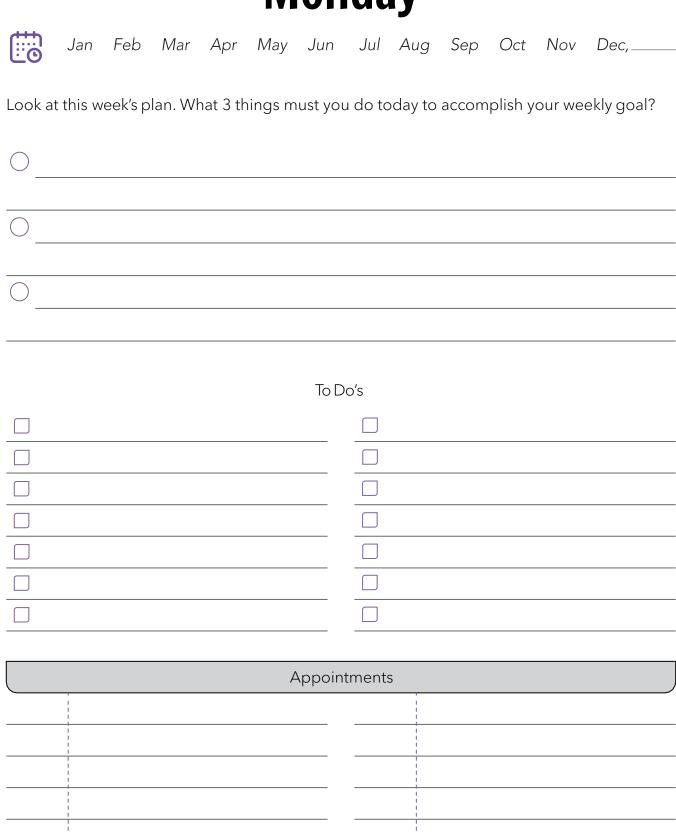
#### **Week Six Review**



### Week Seven

|     | From your 12 week goals page, what | is this week's non-negotiable goal? |
|-----|------------------------------------|-------------------------------------|
|     |                                    |                                     |
|     | Key/Important Days                 | To Do's                             |
| Mon |                                    | <u>O</u> <u>O</u> <u>O</u>          |
| Tue |                                    |                                     |
| Wed |                                    | <u>O</u>                            |
| Thu |                                    | 0                                   |
| Fri |                                    |                                     |
| Sat |                                    | O<br>O                              |
| Sun |                                    | <u>O</u>                            |

#### **Monday**



## **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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| Look a     | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you  | u do to | oday to | accom | plish y | our we | ekly goal? |
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|            |          |         |         |          |         | Appoin   | enc     |         |       |         |        | )          |
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### Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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| Look a | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | oday to | accom | plish y | our we | ekly goal? |
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|        |          |         |         |          | A       | Appoint | tment   | S       |       |         |        |            |
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### **Thursday**

|                | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|----------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 0     |          |         |         |          |         |         |         |        |       |         |        |            |
| Look at        | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
| $\bigcirc$     |          |         |         |          |         |         |         |        |       |         |        |            |
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| $\circ$ $_{-}$ |          |         |         |          |         |         |         |        |       |         |        |            |
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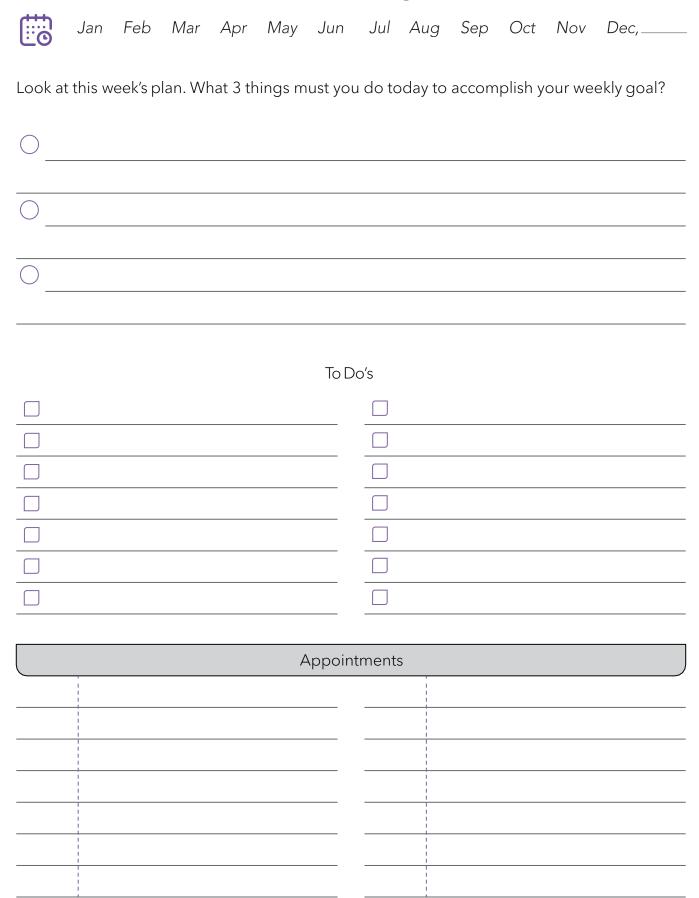
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|----------|---------|----------|---------|----------|---------|---------|-------|---------|--------|------------|
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| Look a     | t this w | reek's p | lan. Wł | nat 3 th | nings m | iust you | u do to | oday to | accom | plish y | our we | ekly goal? |
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### **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|-----------------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 6            |          |         |         | ·        | -       |         |         | J      | ·     |         |        |            |
| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
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|                       |          |         |         |          |         | Appoint | tments  |        |       |         |        |            |
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|                       |          |         |         |          |         |         |         |        |       |         |        |            |

#### Sunday



#### **Week Seven Review**

| <b>S</b> | What are you most proud of accomplishing this week?  |  |  |  |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|--|--|--|--|
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|          |  |  |  |  |  |  |  |  |  |  |  |
|          |  |  |  |  |  |  |  |  |  |  |  |
|          | What was challenging for you?  |  |  |  |  |  |  |  |  |  |  |
|          |  |  |  |  |  |  |  |  |  |  |  |
|          |  |  |  |  |  |  |  |  |  |  |  |
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|          |  |  |  |  |  |  |  |  |  |  |  |
|          | What did you learn this week?  |  |  |  |  |  |  |  |  |  |  |
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|          |  |  |  |  |  |  |  |  |  |  |  |
|          | Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them. |  |  |  |  |  |  |  |  |  |  |
|          | How would you rate this week?  |  |  |  |  |  |  |  |  |  |  |

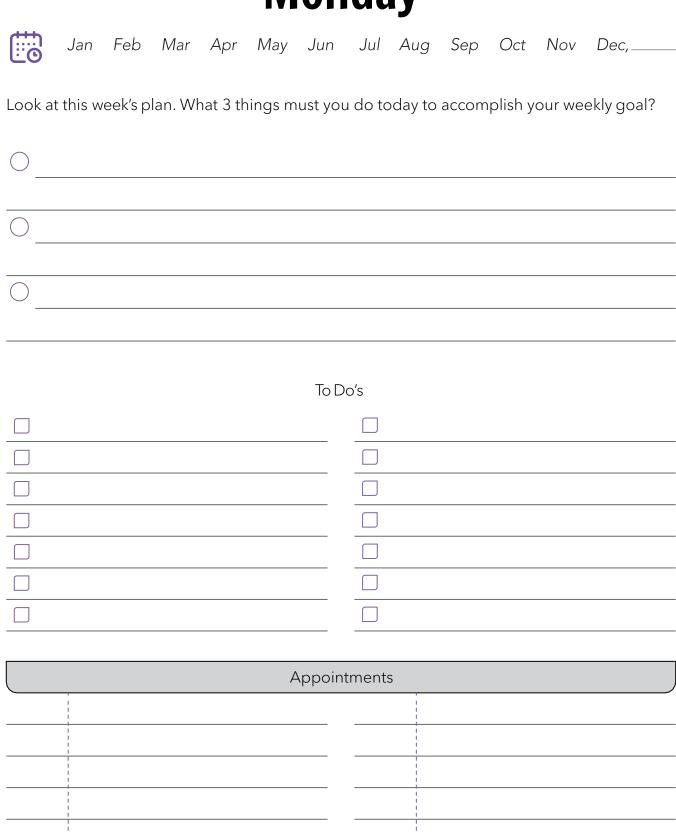
1 2 3 4 5 6 7 8 9 10

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# **Week Eight**

| 1   | From your 12 week goals page, wha | at is this week's non-negotiable goal? |
|-----|-----------------------------------|--|
|     |                                   |  |
|     | Key/Important Days                | To Do's                                |
| (   |                                   |  |
| Mon |                                   |  |
|     |                                   |  |
| Tue |                                   |  |
| 1   |                                   |  |
| 70  |                                   |  |
| Wed |                                   |  |
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|     |                                   |  |
| Fri |                                   |  |
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| Sat |                                   |  |
| ,   |                                   |  |
| _   |                                   |  |
| Sun |                                   |  |
|     |                                   |  |

#### **Monday**



## **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|---------|---------|----------|---------|----------|---------|---------|-------|---------|--------|------------|
|            |          |         |         |          |         |          |         |         |       |         |        |            |
| Look a     | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you  | u do to | oday to | accom | plish y | our we | ekly goal? |
|            |          |         |         |          |         |          |         |         |       |         |        |            |
| _          |          |         |         |          |         |          |         |         |       |         |        |            |
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|            |          |         |         |          |         | To D     | o's     |         |       |         |        |            |
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### Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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### **Thursday**

|   | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec, |
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|   |     |     |     |     |     |     |     |     |     |     |     |      |
| Look at this week's plan. What 3 things must you do today to accomplish your weekly goal? |     |     |     |     |     |     |     |     |     |     |     |      |
| O   |     |     |     |     |     |     |     |     |     |     |     |      |
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| To Do's   |     |     |     |     |     |     |     |     |     |     |     |      |
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| Appointments  |     |     |     |     |     |     |     |     |     |     |     |      |
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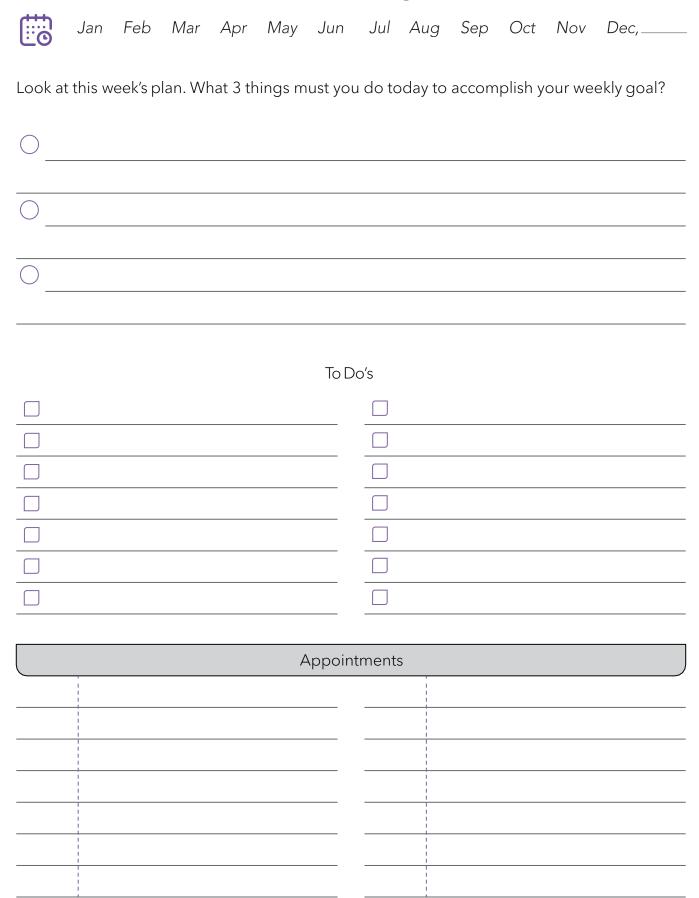
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun                 | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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## **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
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| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
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|                       |          |         |         |          |         | Appoint | tments  |        |       |         |        |            |
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### Sunday



## **Week Eight Review**

| <b>S</b> | What are you most proud of accomplishing this week?  |  |  |  |  |  |  |  |  |  |  |
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|          |  |  |  |  |  |  |  |  |  |  |  |
|          | What was challenging for you?  |  |  |  |  |  |  |  |  |  |  |
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|          | · · · · · · · · · · · · · · · · · · ·  |  |  |  |  |  |  |  |  |  |  |
|          | What did you learn this week?  |  |  |  |  |  |  |  |  |  |  |
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|          | Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them. |  |  |  |  |  |  |  |  |  |  |
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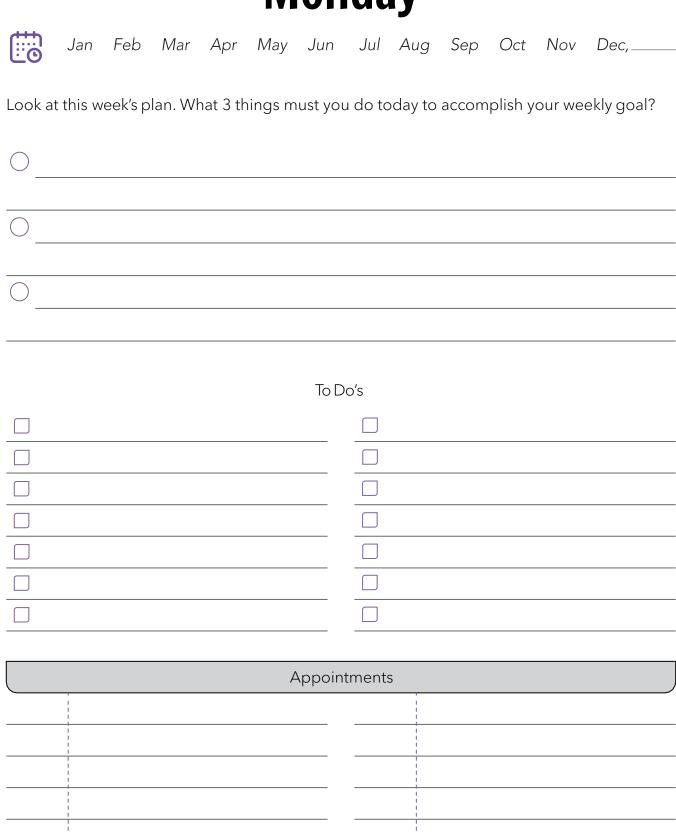
1 2 3 4 5 6 7 8 9 10

101Planners.com

### **Week Nine**

| 1   | From your 12 week goals page, wha | at is this week's non-negotiable goal? |
|-----|-----------------------------------|--|
|     |                                   |  |
|     | Key/Important Days                | To Do's                                |
| (   |                                   |  |
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| Sun |                                   |  |
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#### **Monday**



# **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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# Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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## **Thursday**

|                | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
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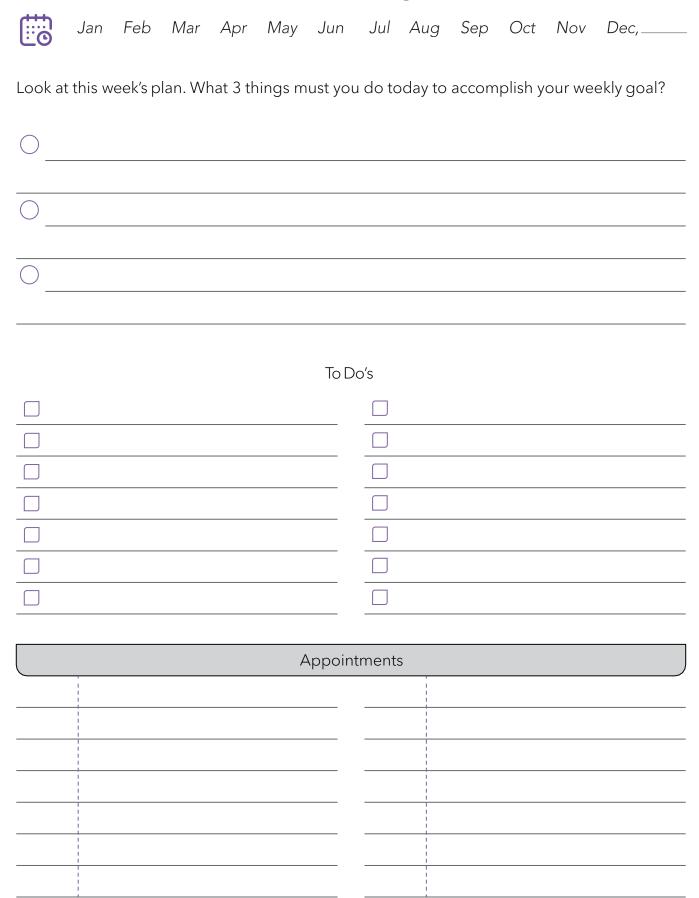
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|----------|---------|----------|---------|----------|---------|---------|-------|---------|--------|------------|
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| Look a     | t this w | reek's p | lan. Wł | nat 3 th | nings m | iust you | u do to | oday to | accom | plish y | our we | ekly goal? |
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## **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|-----------------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 6            |          |         |         | ·        | -       |         |         | J      | ·     |         |        |            |
| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
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|                       |          |         |         |          |         | Appoint | tments  |        |       |         |        |            |
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### Sunday



#### **Week Nine Review**

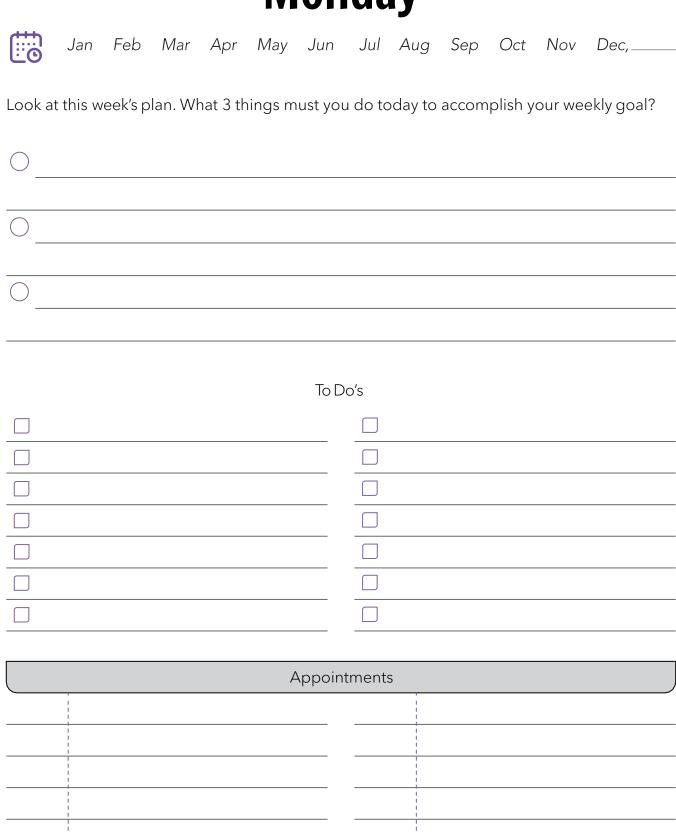
|   | What are you most proud of accomplishing this week?  |  |  |  |  |  |  |  |  |  |  |
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|   | What was challenging for you?  |  |  |  |  |  |  |  |  |  |  |
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|   |  |  |  |  |  |  |  |  |  |  |  |
|   | What did you learn this week?  |  |  |  |  |  |  |  |  |  |  |
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|   | Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them. |  |  |  |  |  |  |  |  |  |  |
|   | How would you rate this week?  |  |  |  |  |  |  |  |  |  |  |

1 2 3 4 5 6 7 8 9 10

#### Week Ten

| 1   | From your 12 week goals page, wha | at is this week's non-negotiable goal? |
|-----|-----------------------------------|--|
|     |                                   |  |
|     | Key/Important Days                | To Do's                                |
| (   |                                   |  |
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|     |                                   |  |
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| _   |                                   |  |
| Sun |                                   |  |
|     |                                   |  |

#### **Monday**



# **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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# Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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| Look a | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | oday to | accom | plish y | our we | ekly goal? |
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## **Thursday**

|                | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|----------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 0     |          |         |         |          |         |         |         |        |       |         |        |            |
| Look at        | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
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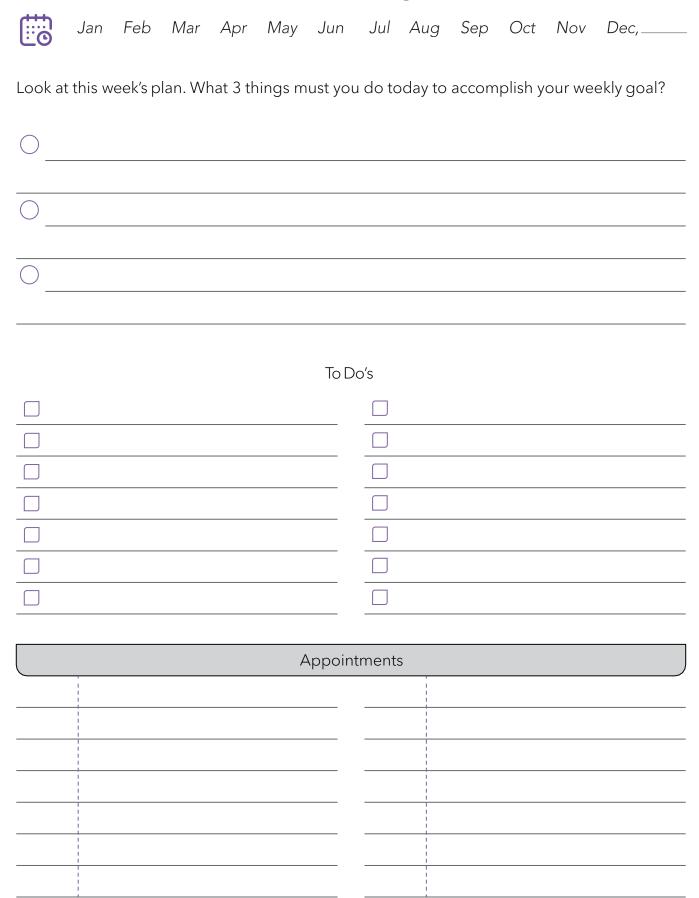
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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| Look a     | t this w | reek's p | lan. Wł | nat 3 th | nings m | iust you | u do to | oday to | accom | plish y | our we | ekly goal? |
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## **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|-----------------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 6            |          |         |         | ·        | -       |         |         | J      | ·     |         |        |            |
| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
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|                       |          |         |         |          |         | Appoint | tments  |        |       |         |        |            |
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### Sunday



#### **Week Ten Review**

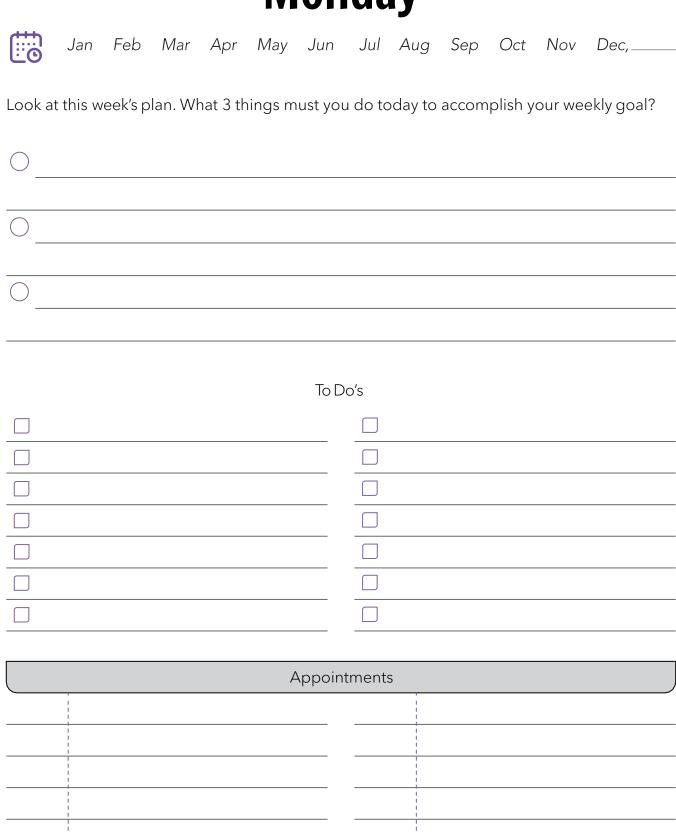
| لم    | What are you most proud of accomplishing this week?  |
|-------|--|
| · · · |  |
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|       |  |
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|       | What was challenging for you?  |
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|       | What did you learn this week?  |
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|       |  |
|       | Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them. |
|       | How would you rate this week?  |

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### **Week Eleven**

|     | From your 12 week goals page, wha | t is this week's non-negotiable goal? |
|-----|-----------------------------------|---------------------------------------|
|     |                                   |                                       |
|     | Key/Important Days                | To Do's                               |
| Mon |                                   |                                       |
| Tue |                                   |                                       |
| Wed |                                   |                                       |
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| Fri |                                   |                                       |
| Sat |                                   |                                       |
| Sun |                                   |                                       |

#### **Monday**



# **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|---------|---------|----------|---------|----------|---------|---------|-------|---------|--------|------------|
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| Look a     | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you  | u do to | oday to | accom | plish y | our we | ekly goal? |
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|            | <u>.</u> |         |         |          |         | Appoin   | enc     |         |       |         |        | )          |
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# Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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| Look a | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | oday to | accom | plish y | our we | ekly goal? |
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|        |          |         |         |          | A       | Appoint | tment   | S       |       |         |        |            |
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## **Thursday**

|                | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug                 | Sep   | Oct     | Nov    | Dec,       |
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| Look at        | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to              | accom | plish y | our we | ekly goal? |
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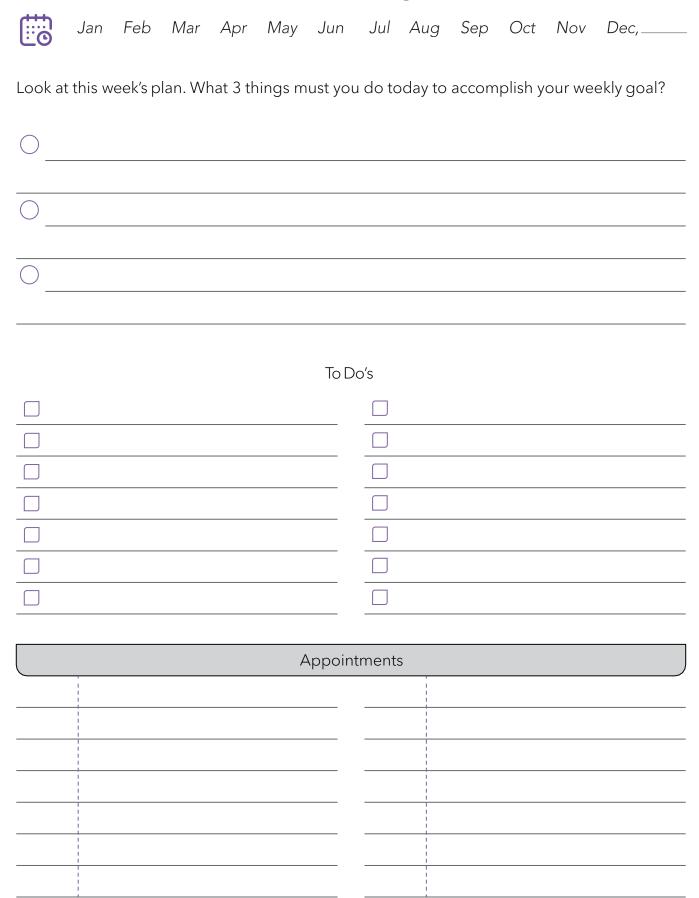
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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| Look a     | t this w | reek's p | lan. Wł | nat 3 th | nings m | iust you | u do to | oday to | accom | plish y | our we | ekly goal? |
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## **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
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| <u>-</u> 6            |          |         |         | ·        | -       |         |         | J      | ·     |         |        |            |
| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
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|                       |          |         |         |          |         | To D    | o's     |        |       |         |        |            |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
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|                       |          |         |         |          |         | Appoint | tments  |        |       |         |        |            |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
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|                       |          |         |         |          |         |         |         |        |       |         |        |            |

### Sunday



### **Week Eleven Review**

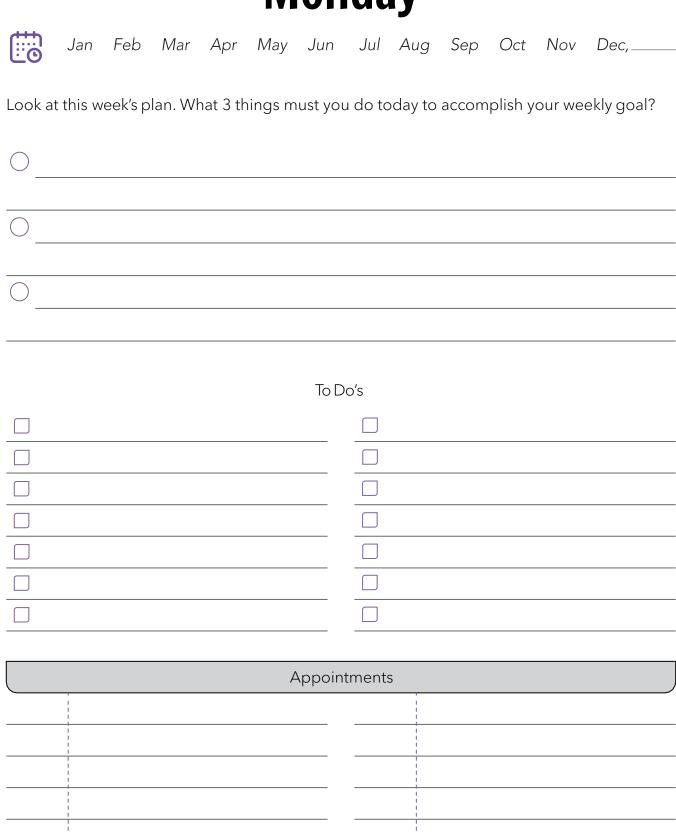
| ري<br>س | WI     | าล | t a    | ire | yo  | ou | m   | 10 | st              | pr | ou   | ıd  | of  | ac         | со | mţ   | olis | hir | ng | th   | is v | ve | ek′ | ?    |         |      |      |      |    |    |     |         |    |    |     |             |
|---------|--------|----|--------|-----|-----|----|-----|----|-----------------|----|------|-----|-----|------------|----|------|------|-----|----|------|------|----|-----|------|---------|------|------|------|----|----|-----|---------|----|----|-----|-------------|
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|         |        |    |        |     |     |    |     |    | •               |    |      |     |     |            |    |      |      |     |    |      |      |    |     |      |         |      |      |      |    |    |     |         |    |    |     |             |
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|         | WI     | าล | t v    | va  | s c | ha | a∐€ | en | <sub>'</sub> gi | ng | g fo | ory | yΟι | <b>ي</b> ? |    |      |      |     |    |      |      |    |     |      |         |      |      |      |    |    |     |         |    |    |     |             |
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|         |        |    |        |     |     |    |     |    |                 |    |      |     |     |            |    |      |      |     |    |      |      |    |     |      |         |      |      |      |    |    |     |         |    |    |     |             |
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|         |        |    | •      | •   | -   |    |     |    | <u> </u>        | _  | •    |     | •   | •          | •  | -    | •    | -   |    |      | -    | -  | •   | •    | •       | •    | •    |      | •  | •  | -   | -       | -  | •  | •   | .)          |
|         | WI     | าล | t c    | dic | l y | ΟU | le  | ea | rn              | th | isv  | we  | ek  | ?          |    |      |      |     |    |      |      |    |     |      |         |      |      |      |    |    |     |         |    |    |     |             |
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|         |        | ac | <br>in |     | a ( |    |     |    | rie             |    |      | าลด | d a | W          | 20 | k li | ko   | th. | ic | ۱۸/، | ri+c |    | h a | + v/ | <b></b> | \\/i | 11 + | الہ: | +h | en | n t | <br>ວ s | pu | rt | her | n           |
|         | on<br> |    |        |     |     |    |     |    |                 | em | n.   |     |     |            |    |      |      |     |    |      |      |    | ek´ |      |         |      |      |      |    |    |     |         |    |    |     | _<br>_<br>_ |

1 2 3 4 5 6 7 8 9 10

#### **Week Twelve**

| 1   | From your 12 week goals page, wha | at is this week's non-negotiable goal? |
|-----|-----------------------------------|--|
|     |                                   |  |
|     | Key/Important Days                | To Do's                                |
| (   |                                   |  |
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| Tue |                                   |  |
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| Thu |                                   | 0                                      |
| 7   |                                   |  |
|     |                                   |  |
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| -   |                                   |  |
| Sat |                                   |  |
| ,   |                                   |  |
| _   |                                   |  |
| Sun |                                   |  |
|     |                                   |  |

#### **Monday**



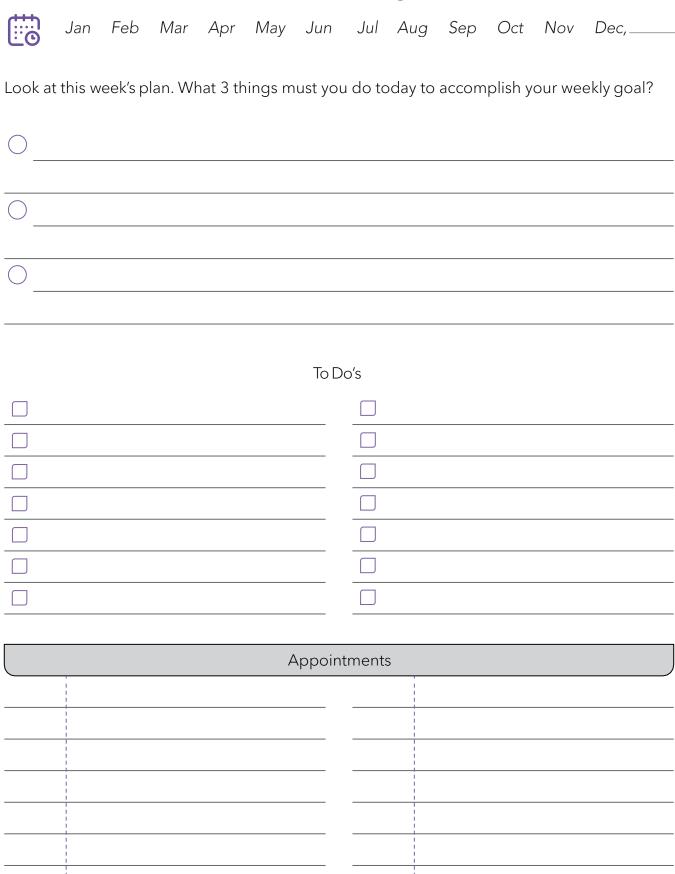
# **Tuesday**

|            | Jan      | Feb     | Mar     | Apr      | May     | Jun      | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
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| Look a     | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you  | u do to | oday to | accom | plish y | our we | ekly goal? |
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|            | <u>.</u> |         |         |          |         | Appoin   | ment    |         |       |         |        | )          |
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# Wednesday

|        | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|--------|----------|---------|---------|----------|---------|---------|---------|---------|-------|---------|--------|------------|
| Look a | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | oday to | accom | plish y | our we | ekly goal? |
| _      |          |         |         |          |         |         |         |         |       |         |        |            |
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|        |          |         |         |          |         | To D    | o's     |         |       |         |        |            |
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|        |          |         |         |          | A       | Appoint | tment   | S       |       |         |        |            |
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### **Thursday**



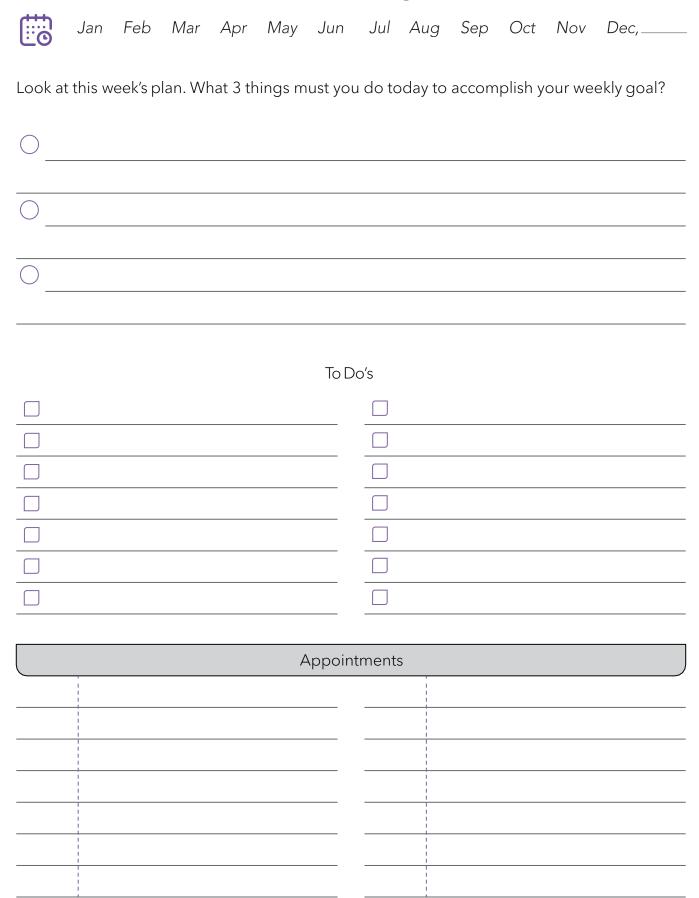
# **Friday**

|            | Jan      | Feb      | Mar     | Apr      | May     | Jun                 | Jul     | Aug     | Sep   | Oct     | Nov    | Dec,       |
|------------|----------|----------|---------|----------|---------|---------------------|---------|---------|-------|---------|--------|------------|
|            |          |          |         |          |         |                     |         |         |       |         |        |            |
| Look a     | t this w | reek's p | lan. Wł | nat 3 th | nings m | nust you            | u do to | oday to | accom | plish y | our we | ekly goal? |
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|            |          |          |         |          |         | To D                | no's    |         |       |         |        |            |
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|            | i        |          |         |          | F       | Appoin <sup>.</sup> | tment   | S       |       |         |        |            |
|            |          |          |         |          |         |                     |         |         |       |         |        |            |
|            | <u> </u> |          |         |          |         |                     |         |         |       |         |        |            |
|            |          |          |         |          |         |                     |         |         |       |         |        |            |
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|            |          |          |         |          |         |                     |         |         |       |         |        |            |
|            |          |          |         |          |         |                     |         |         |       |         |        |            |

## **Saturday**

|                       | Jan      | Feb     | Mar     | Apr      | May     | Jun     | Jul     | Aug    | Sep   | Oct     | Nov    | Dec,       |
|-----------------------|----------|---------|---------|----------|---------|---------|---------|--------|-------|---------|--------|------------|
| <u>-</u> 6            |          |         |         | ·        | -       |         |         |        | ·     |         |        |            |
| Look a                | t this w | eek's p | lan. Wł | nat 3 th | nings m | ust you | ı do to | day to | accom | plish y | our we | ekly goal? |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
| _                     |          |         |         |          |         |         |         |        |       |         |        |            |
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|                       |          |         |         |          |         | To D    | o's     |        |       |         |        |            |
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|                       |          |         |         |          |         |         |         |        |       |         |        |            |
|                       |          |         |         |          |         | Appoint | tments  | S      |       |         |        |            |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |
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|                       | 1        |         |         |          |         |         |         |        |       |         |        |            |
|                       |          |         |         |          |         |         |         |        |       |         |        |            |

### Sunday



#### **Week Twelve Review**

| الم | What are you most proud of accomplishing this week?  |  |  |  |  |  |  |
|-----|--|--|--|--|--|--|--|
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|     | What was challenging for you?  |  |  |  |  |  |  |
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|     |  |  |  |  |  |  |  |
|     | What did you learn this week?  |  |  |  |  |  |  |
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|     |  |  |  |  |  |  |  |
|     | Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them. |  |  |  |  |  |  |
|     |  |  |  |  |  |  |  |

1 2 3 4 5 6 7 8 9 10

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