MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If **then**

If **then**

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score /10