

Date: \_\_\_\_\_

## Three Goals This Week

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## My Progress

	10	5	2	1	Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
				<b>Weekly Total:</b>	

## Weekly Summary

Date	Day	Progress					
	Monday	B	A	L	E	R	T
	Tuesday	B	A	L	E	R	T
	Wednesday	B	A	L	E	R	T
	Thursday	B	A	L	E	R	T
	Friday	B	A	L	E	R	T
	Saturday	B	A	L	E	R	T
	Sunday	B	A	L	E	R	T

**B** – Blueprint | **A** – Action | **L** – Learning | **E** – Exercise | **R** – Relaxation | **T** – Thinking

Date: \_\_\_\_\_

## Three Reasons To Be Thankful

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

## What Went Right?

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## What Went Wrong?

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## Weekly Review Checklist

- Gather loose papers
- Process notes
- Perform mind dump
- Review action lists
- Review "Waiting For" list
- Review Project lists
- Review previous/upcoming calendar items
- Review other checklists
- Review someday/maybe list