



## HOW'S YOUR WEEK

Now that your next 30 days are in check, it's time to look at this week!

Your weekly goal sheet gets you organized and set you up for success. Many of the sections are repeated from the Monthly Pages (there's a purpose for that). The new sections are listed below with advice on how to use them. As you get more familiar with each section and how they work into your life, remember to make this your own!

It is advised to set up your weekly pages on Sunday evening, or what best suites you, but to set it up before your week begins.

### WEEK IN REVIEW

Starting in the upper left corner, there is a gray box. Rank last week...was it a 1...miserable week, or a 10, the best week ever, or was it somewhere in-between.

Once you give it a value...Why? There is a reason or reasons why you gave your week that score...expound.

What did you learn last week? Please tell me you learned something! If you are not learning, you're losing...no matter if it's good, bad, mundane, learn from every situation, every person, the more you learn, the better you are the next time.

### 13 WEEKS TO MINDFULNESS

Every week there is a mindfulness training tip/exercise. This will focus on an area of mindfulness you can practice that week. As you will see there is a daily mindfulness practice (explained more in the daily section). These weekly tips and exercises are to help you with your daily practice.

### TO DO'S

We've covered this in the monthly sections.

## **GOALS, PLAN ACTION (GPA)**

GPA is where you focus in on the things you want most...your goals! There are three large spaces for your three goals. Write the name of your goal on the line in the box. In the box provided, you are going to put what action steps you will take this week to keep you on track to hitting your monthly goal line. You can list things, you can draw, you can use the box however it best suites you. Remember, it is all about making this your own.

## **THIS WEEK**

What week is it, what's the date?

## **MINDSET**

What's your mindset going to be heading into the week?

## **HABITS AND REMINDERS**

Repetition breeds consistency which creates habits.

## **WEEKLY SCHEDULE**

You will see the weekly schedule is broken up into Morning/Afternoon/Evening sections along with Mon-Fri and a split Sat/Sun. Here you can take those appointments, and important things that need to be done and put them in the appropriate boxes. You can also color code your three goals and to do's on the left side and match them in the boxes within the weekly schedule to help keep you organized.

## **DISTRACTIONS TO AVOID**

Are there things coming up this week that may get in the way of you accomplishing what you set out to do? Refer to the monthly section for more detail.

## **MOST EXCITED ABOUT**

Just like your month sheet...what are you most excited about for this upcoming week?