

## STAY IN YOUR DAY PLANNED PRODUCTIVITY = EASE

## TOP PRIORITIES FOR THE WEEK:

MONDAY		TUESDAY			WEDNESDAY				THURSDAY				FRIDAY			
DATE		DATE			DATE				DATE				DATE			
Gratitude:		Gratitude:			Gratitude		Gratitude:				Gratitude:					
Movement:		Movement	Movement:			Movement:				Movement:			Movement	:		
Act of Kindness:	:	Act of Kind	Act of Kindness:			Act of Kindness: Act of Kindness:					Act of Kindness:			dness:		
PLANS FOR THE WEEKEND				WHAT TASKS CAN I MOVE TO NEXT WEEK?								SON DID TI	HIS WEEK T	EACH ME?	<b>)</b>	



## STAY IN YOUR DAY PLANNED PRODUCTIVITY = EASE

TOP PRIORITIES FOR THE WEEK:

MONDAY			TUESDAY			WEDNESDAY					THU	RSDAY		FRIDAY				
DATE			DATE				DATE				DATE				DATE			
Gratitude:	Gratitude:			Gratitude:			Gratitude:				Gratitude:				Gratitude:			
Movement	ovement: Movement:					Movement:			Movement:				Movemen	<u>:</u>				
Act of Kind	ness:		Act of Kind	Iness:			Act of Kin	ıdness:			Act of Kind	dness:			Act of Kin	dness:		
PLANS FOR THE WEEKEND					WHAT TA	WHAT TASKS CAN I MOVE TO NEXT WEEK?							WHAT LE	SSON DID T	HIS WEEK T	EACH ME?	)	