



WEEKLY

ACTION

planner

WEEKLY OUTLINE

What has to happen this week? Outline what you want to accomplish this week and by which day. You'll get specific on the daily pages.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--------|---------|-----------|----------|
| | | | |

MONDAY

Date _____

MINDFULNESS: How do I feel today? Why?

GRATITUDE: Today I am grateful for...

TODAY'S FOCUS:

- 1. _____
- 2. _____
- 3. _____

APPOINTMENTS & CALLS:

6:00 _____
7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
3:00 _____
4:00 _____
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6:00 _____
7:00 _____
8:00 _____

NOTES:

ACTION BLOCKS

Name your block and assign the amount of time you will dedicate to it.

BLOCK: _____ : _____ - _____ : _____

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TUESDAY

Date _____

MINDFULNESS: How do I feel today? Why?

GRATITUDE: Today I am grateful for...

TODAY'S FOCUS:

- 1. _____
- 2. _____
- 3. _____

APPOINTMENTS & CALLS:

6:00 _____

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

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WEDNESDAY

Date _____

MINDFULNESS: How do I feel today? Why?

GRATITUDE: Today I am grateful for...

TODAY'S FOCUS:

- 1. _____
- 2. _____
- 3. _____

APPOINTMENTS & CALLS:

NOTES:

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ACTION BLOCKS

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FRIDAY

Date _____

MINDFULNESS: How do I feel today? Why?

GRATITUDE: Today I am grateful for...

TODAY'S FOCUS:

1. _____

2. _____

3. _____

APPOINTMENTS & CALLS:

6:00 _____

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

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6:00 _____

7:00 _____

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NOTES:

ACTION BLOCKS

Name your block and assign the amount of time you will dedicate to it.

BLOCK: _____ : _____ - _____ : _____

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SATURDAY

Date _____

MINDFULNESS: How do I feel today? Why?

GRATITUDE: Today I am grateful for...

TODAY'S FOCUS:

- 1. _____
- 2. _____
- 3. _____

APPOINTMENTS & CALLS:

NOTES:

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ACTION BLOCKS

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SUNDAY

Date _____

MINDFULNESS: How do I feel today? Why?

GRATITUDE: Today I am grateful for...

TODAY'S FOCUS:

- 1. _____
- 2. _____
- 3. _____

APPOINTMENTS & CALLS:

NOTES:

6:00 _____

7:00 _____

8:00 _____

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