

# Weekly Goal Setting

Week Of:

Top 3 Goals for The Week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What Do I Need to Do to Accomplish MY goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Weekly Reflection: Did I accomplish my weekly goals? What could I have done differently? What did I do well?

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Weekly Gratitude:

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