



GRATITUDE

MUST FIX

Q1 What are areas in your life that require consistent effort?

Q2 When in your rhythm should you place hard work blocks?

Happiness stems from gratitude. What do I have to be thankful for this week?

What are the unaddressed issues to fix this week?

- 1.
- 2.
- 3.
- 4.
- 5.

TASKS

CONTACTS

FOCUS #1: \_\_\_\_\_

FOCUS #2: \_\_\_\_\_

What miscellaneous tasks do I need to take care of?

Who do I need to reach out to this week?

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- Why is it important?
- Who do I need help from?
- What does success look like?

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FOCUS #3: \_\_\_\_\_

FOCUS #4: \_\_\_\_\_

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