



GRATITUDE

MUST FIX

Q1 What repetitive task fels like toil to you?

Q2 What strategy for managing toil can help you with this task?

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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- What is it?
- 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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