



GRATITUDE Happiness stems from gratitude. What do I have to be thankful for this week?	MUST FIX What are the unaddressed issues to fix this week? 1. 2. 3. 4. 5.	Q1 Is there something you've done recently that went unnoticed?	Q2 What do I need to reframe to use my full ability this week?
TASKS What miscellaneous tasks do I need to take care of? ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	CONTACTS Who do I need to reach out to this week? ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	FOCUS #1: _____ What is it? Why is it important? Who do I need help from? What does success look like? FOCUS #3: _____ What is it? Why is it important? Who do I need help from? What does success look like?	FOCUS #2: _____ What is it? Why is it important? Who do I need help from? What does success look like? FOCUS #4: _____ What is it? Why is it important? Who do I need help from? What does success look like?