



GRATITUDE	MUST FIX	Q1 When do I have trouble moving on?	Q2 What would be a good physical reminder to help me reset?
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? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Who do I need to reach out to this week? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	What is it? Why is it important? Who do I need help from? What does success look like?	What is it? Why is it important? Who do I need help from? What does success look like?
		FOCUS #3: _____	FOCUS #4: _____
		What is it? Why is it important? Who do I need help from? What does success look like?	What is it? Why is it important? Who do I need help from? What does success look like?