

WEEKLY PLANNER

MONDAY

Notes

TUESDAY

WEDNESDAY

THURSDAY

Friday

Weekend Plans

THOUGHT DOWNLOAD

Date: _____

1. WRITE DOWN ALL THE THOUGHTS AS THEY COME.
2. BESIDE EACH THOUGHT, WRITE DOWN THE EMOTION.
3. IS THERE A THOUGHT THAT WON'T SERVE YOUR DAY?
4. DO A THOUGHT MODEL ON THAT THOUGHT

THOUGHT MODEL

C

T

F

A

R

DAY BY DESIGN

Day _____

Date: _____

ACTION ITEMS OF THE DAY

PRIORITIES:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

INTENTIONAL THOUGHTS AND EMOTIONS

DAY BY DESIGN

5:00 _____
5:30 _____
6:00 _____
6:30 _____
7:00 _____
7:30 _____
8:00 _____
8:30 _____
9:00 _____
9:30 _____
10:00 _____
10:30 _____
11:00 _____
11:30 _____
12:00 _____
12:30 _____
1:00 _____
1:30 _____
2:00 _____
2:30 _____
3:00 _____
3:30 _____
4:00 _____
4:30 _____
5:00 _____
5:30 _____
6:00 _____
6:30 _____
7:00 _____
7:30 _____
8:00 _____
8:30 _____
9:00 _____
9:30 _____
10:00 _____

- Day _____
- Date: _____

Key Accomplishments

Thought Model

C _____

T _____

F _____

A _____

R _____

DAY IN REVIEW

Date: _____

I AM MOST PROUD OF:

I WAS MOST CHALLENGED BY:

MY DOMINANT THOUGHTS & EMOTIONS WERE:

THOUGHT DOWNLOAD & MODEL

C

T

F

A

R

MONTH IN REVIEW

Month of: _____

WHAT DID I ACCOMPLISH THIS MONTH

I WAS MOST CHALLENGED BY:

MY DOMINANT THOUGHTS & EMOTIONS WERE:

NEXT MONTH I WILL MAKE THESE ADJUSTMENTS