

WEEKLY PLANNER

MONDAY

Notes

TUESDAY

WEDNESDAY

THURSDAY

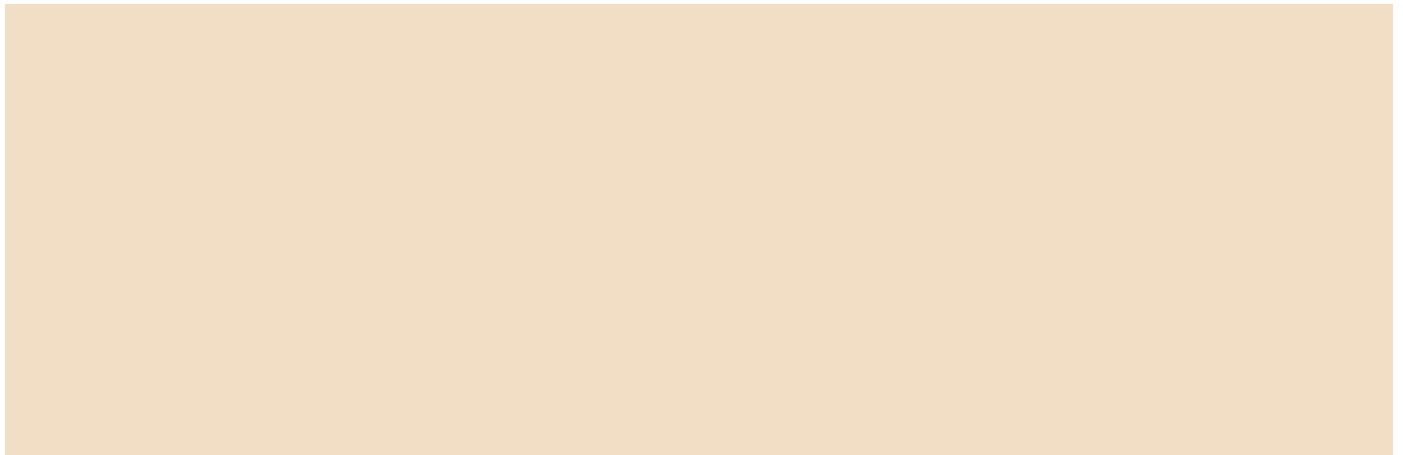
Friday

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

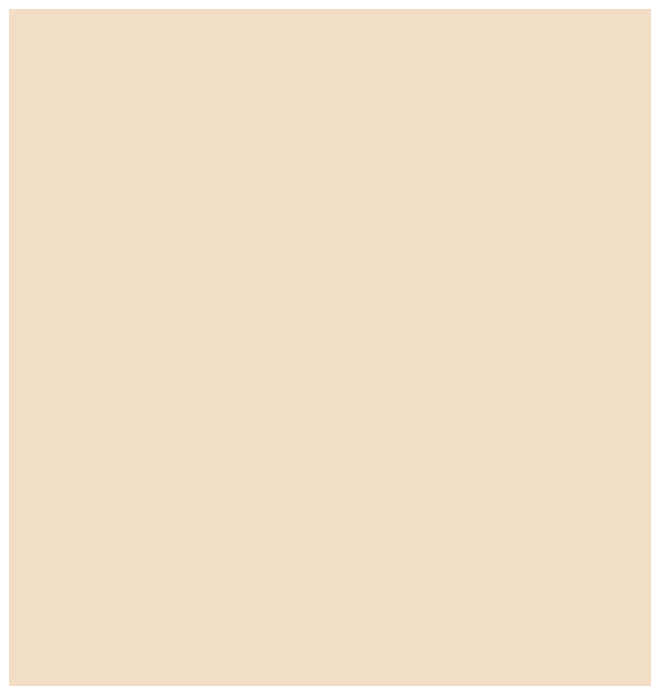
Day _____

Date: _____

ACTION ITEMS OF THE DAY

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

PRIORITIES:



INTENTIONAL THOUGHTS AND EMOTIONS

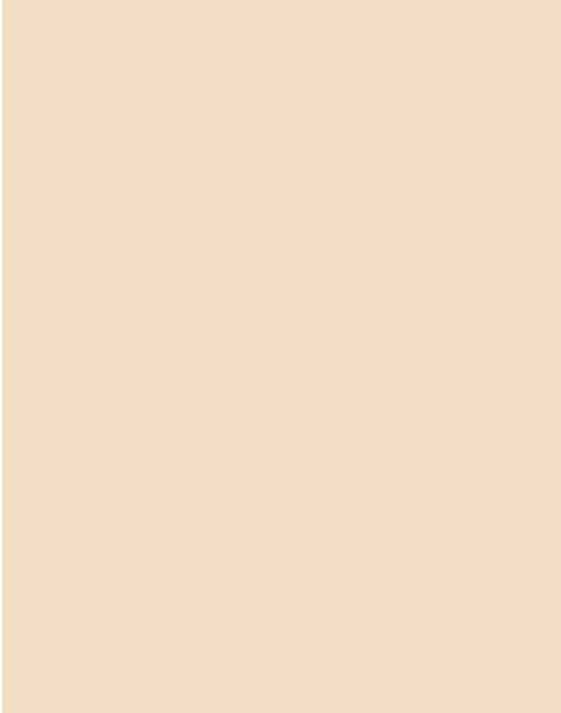


DAY BY DESIGN

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 _____
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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: _____

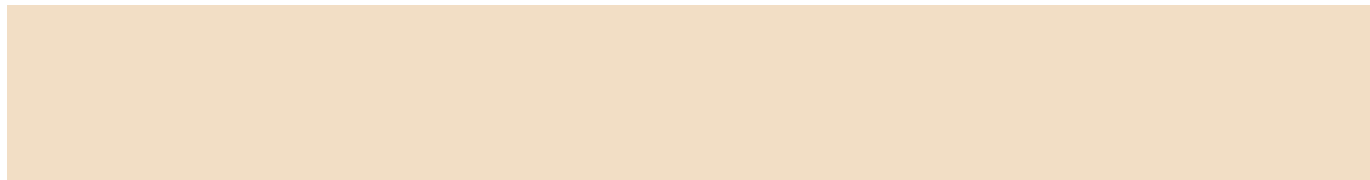
WHAT DID I ACCOMPLISH THIS MONTH



I WAS MOST CHALLENGED BY:



MY DOMINANT THOUGHTS & EMOTIONS WERE:



NEXT MONTH I WILL MAKE THESE ADJUSTMENTS

