

FRIDAY 4	SATURDAY 5	SUNDAY 6	WEEKLY REVIEW
How can I create community today?	What is the next step you can take TODAY?	How can I accept help today?	Am I happy with how I spent my time this past week? If not, how can I adjust next week?
6:00	6:00	6:00	<u>My Belief System:</u> What limiting beliefs showed up this week? Where do they come from? How can I replace them?
7:00	7:00	7:00	
8:00	8:00	8:00	
9:00	9:00	9:00	
10:00	10:00	10:00	
11:00	11:00	11:00	
12:00	12:00	12:00	
1:00	1:00	1:00	
2:00	2:00	2:00	
3:00	3:00	3:00	
4:00	4:00	4:00	
5:00	5:00	5:00	
6:00	6:00	6:00	Home: Friends/ Family:
7:00	7:00	7:00	Physical Health: Mental/ Emotional:
8:00	8:00	8:00	Money: Career:
9:00	9:00	9:00	Personal Growth: Spiritual Growth:
How was I curious today?	What do I get to stop doing for better health?	What decisions do I need to make?	What do I get to focus on next week? Schedule it.
IMAGINE			