

NEW WEEK - *do the damn thing* - NEW GOALS

WEEK OF: _____

PERSONAL GOALS:	PROFESSIONAL / ACADEMIC GOALS:

LAST WEEK'S REFLECTION - WINS | IMPROVEMENTS:

HABITS:

HABIT 1	
HABIT 2	
HABIT 3	
HABIT 4	

FROM 1-10, HOW WOULD YOU RATE YOUR HAPPINESS AT THE BEGINNING OF THIS WEEK? HOW DO YOU PLAN ON IMPROVING IT THROUGHOUT THE WEEK?

1 2 3 4 5 6 7 8 9 10

AFFIRMATION FOR THE WEEK:
