

WEEKLY REVIEW

WEEK OF _____

WORK

🎯 Main focus

☐ Goal:

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🎤 Personal branding

☐ Goal:

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LIFE

💚 Health & energy

☐ Goal:

☐☐☐☐

💬 Relationships

☐ Goal:

☐☐☐☐

📖 Learning & growth

☐ Goal:

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👥 People & network

☐ Goal:

☐☐☐☐

💡 Joy & creativity

☐ Goal:

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🏠 Home & admin

☐ Goal:

☐ Laundry

☐ Cleaning

☐ Groceries

☐ Cooking

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WEEKLY REFLECTION

1 What went well this week?

2 What did I learn or notice?

3 What keeps repeating?

4 My experiment for next week
