## WEEKLY TASK PLANNING

## GOAL for the week:

## WHY this is important to me:

| PRIORITIZING |      |      |       |     |         |  |
|--------------|------|------|-------|-----|---------|--|
| Mon          | Tues | Weds | Thurs | Fri | Weekend |  |
|              |      |      |       |     |         |  |
|              |      |      |       |     |         |  |
|              |      |      |       |     |         |  |
|              |      |      |       |     |         |  |
|              |      |      |       |     |         |  |
|              |      |      |       |     |         |  |
|              |      |      |       |     |         |  |
|              |      |      |       |     |         |  |

| REVIEW       |              |                      |  |  |  |  |
|--------------|--------------|----------------------|--|--|--|--|
| WHAT WORKED? | WHAT DIDN'T? | WHAT NEEDS TO SHIFT? |  |  |  |  |
|              |              |                      |  |  |  |  |
|              |              |                      |  |  |  |  |
|              |              |                      |  |  |  |  |
|              |              |                      |  |  |  |  |