YOUR WEEKLY PLAN

One week, one focus

Choose a focus and make room for one action each day.

Use short, specific actions that fit your week. Record what happened and adjust as needed. You can reuse this planner each week.

Week beginning: _____ **My focus:** _____

Day	One action	When	What happened
1			
2			
3			
4			
5			
6			
7			

If my plan becomes too much, the smaller version I can try is:

YOUR WEEKLY REVIEW

Notice what helped

Use what you learned to plan a realistic next week.

Review your actions without giving the week a pass or fail grade. Include the effort involved and the circumstances you faced.

What did I do this week that I want to recognize?

What helped me act on my intentions?

What got in the way, and what can I adjust?

What support or boundary would help next week?

What is one action I will continue, and when will I do it?