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| **GOAL/S FOR THE WEEK:** *Specific, Measurable, Actionable, Realistic, Time framed* |  | **Distractions /Obstacles:** *To watch out for this week* |  |

**AFFIRMATION FOR THE WEEK**: *Example* - I AM CONFIDENT, I AM STRONG, I STEP OUT MY COMFORT ZONE AND EMBRACE CHALLENGES

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| **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  | **SATURDAY**  | **SUNDAY**  |
| **Date:** | **Date:** | **Date:** | **Date:** | **Date:** | **Date:** | **Date:** |
|  |  |  |  |  |  |  |
| **Appointments:** | **Appointments:** | **Appointments:** | **Appointments:** | **Appointments:** | **Appointments:** | **Appointments:** |

**DAILY GRATITUDE:**

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| **Achievements/Progress *(relating to your goal):*** | **Priorities for Next Week:** *(Aim to progress &/or complete Goal)* |
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