

CLIENT WORKSHEET · WEEKLY

My Week Guide

Set up your mornings and your week in one sitting.

4 STEPS · 10 MIN

Best on Sunday night
or Monday morning

1 STEP 1 OF 4 · 1 MIN What time am I waking up this week?

 Weekdays _____ am

 Weekend _____ am

2 STEP 2 OF 4 · 3 MIN My morning routine: three things I do every morning

ROUTINE · CHECK OFF EACH DAY		M	T	W	T	F	S	S
1	_____	☐	☐	☐	☐	☐	☐	☐
2	_____	☐	☐	☐	☐	☐	☐	☐
3	_____	☐	☐	☐	☐	☐	☐	☐

3 STEP 3 OF 4 · 4 MIN My three goals for the week

THIS WEEK'S FOCUS

☐ Goal 1 _____

☐ Goal 2 _____

☐ Goal 3 _____

4 STEP 4 OF 4 · 2 MIN One self-care thing I'll do for me this week

When _____

☐ Done!