

Making the most of today

MY MOTIVATION THIS WEEK:

MUST DO TODAY:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

HOPING TO ACCOMPLISH:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

SOMETIME THIS WEEK:

NOTE TO SELF:
