

Week beginning

MY INTENTION IS

MUST DOS

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COULD DOS

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DEFINITELY NOT TO DO

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NOTES/REMINDERS

REFLECTION

ALSO DID

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PROUD OF DOING

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REFLECTION PROMPT

What has me feeling 'stuck'? What are 3 things I can do about that?

Week beginning

MY INTENTION IS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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REFLECTION PROMPT

What's the nicest thing anyone has ever done for me? How could I do something similar for someone else?

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