

PLAY THINK LEARN



GOALS PLANNER

Journal about goals planner to achieve goals on weekly basis

iReflect

BY SAMEERA BABA

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

YEARLY GOALS

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Sun Mon Tue Wed Thu Fri Sat

WEEKLY SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GOALS

Sun Mon Tue Wed Thu Fri Sat

GOAL PLANNER

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Sun Mon Tue Wed Thu Fri Sat

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Sun Mon Tue Wed Thu Fri Sat

DAILY PLANNER

TO DO LIST

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PRIORITIES

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CLARIFYING THE SPACE



Did I do my best to increase my happiness this week?

Did I do my best to find meaning this week?

Did I do my best to be engaged this week?

Did I do my best to build positive relationships this week?

Did I do my best to set clear goals this week?

Reflection

CLARIFYING THE SPACE



Did I do my best to make progress toward goal achievement this week?

What made me happy this week?

What drained my energy this week?

What was the biggest learning of the week?

What was the most important thing I have accomplished this week

Reflection

CLARIFYING THE SPACE



What was most challenging moment I had last week?

What one thing I need to do next week?

Words I lived by last week.

Words to live by next week

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