

Weekly Success Management

Action/Behavior	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Goal	Achieved	Insight

Weekly Review

1. Three successes this week or experiences I am grateful for:
2. The biggest challenge I faced this week was:
3. And how I'd advise someone else dealing with this same challenge:
4. What I learned about myself this week:
5. What I learned about other important people in my life this week:
6. Which goals am I not making progress on? Why?
7. Do I feel joy? Why or why not?
8. What should I do differently next week?