

weekly *Affirmations*

I'm Grateful for

This Week's Affirmations

week: _____

3 Compliments I want to tell myself

①

3 things I want to do for myself

①

Little things that made my week awesome

①

The Big Things that made my week
unforgettable

①



daily Checklist

Morning

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

Afternoon

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

Evening

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

Weekly Affirmations













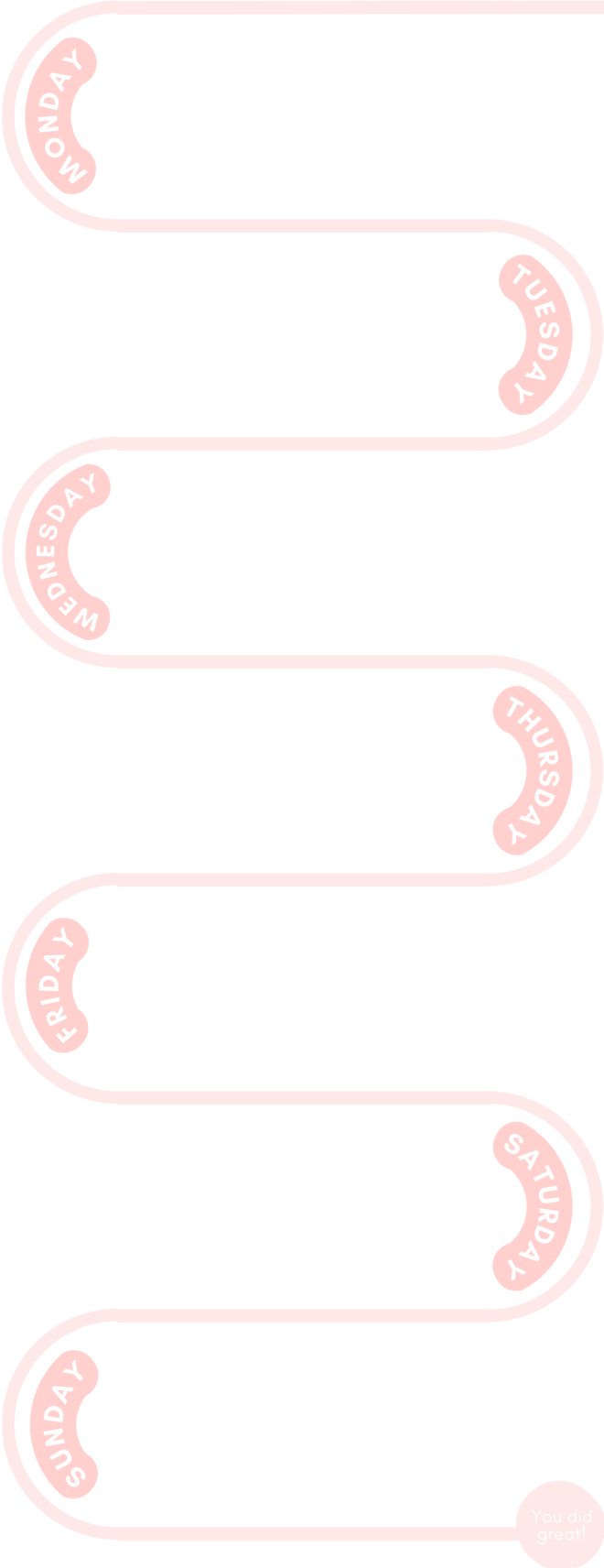


This Week's Plan

Month:

Week no.:

Goals for the Week!



Goals for the Week!

Top Priorities

Appointments

Notes
