Your weekly reset

Start with commitments. Leave room for personal time and one small win.

Week of: _____ One habit: _____

Monday

Commitments:

Personal time:

Small win:

Tuesday

Commitments:

Personal time:

Small win:

Wednesday

Commitments:

Personal time:

Small win:

Thursday

Commitments:

Personal time:

Small win:

Friday

Commitments:

Personal time:

Small win:

Saturday

Commitments:

Personal time:

Small win:

Sunday

Commitments:

Personal time:

Small win:

What could I make easier?