

# Weekly SCHEDULE

Date: \_\_\_\_\_

Don't forget to include your morning routine, exercise, chores, self care/rest, dates with your partner, and designated work time.

## Daily Schedule:

Time:	Activity:
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____
__:__am/pm	_____

## Weekly Priorities:

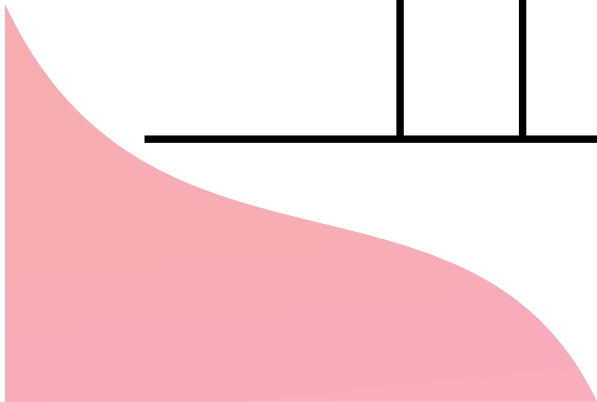
- Monday:
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- Tuesday:
  - 
  -
- Wednesday:
  - 
  -
- Thursday:
  - 
  -
- Friday:
  - 
  -
- Saturday:
  - 
  -
- Sunday:
  - 
  -



# My Daily Habits TRACKER



	M	T	W	Th	F	S	Su
Journaling and Gratefulness							
Mindfulness/ Meditation							
Move My Body							
Nourish my Body							



# My Confidence JOURNAL

Date: \_\_\_\_\_

Today I am feeling: \_\_\_\_\_

What is my body telling me it needs today?

\_\_\_\_\_

How can I show up for myself today?

\_\_\_\_\_

How can I show up for others today?

\_\_\_\_\_

3 Things I am Grateful for Today:

1. \_\_\_\_\_

2. \_\_\_\_\_

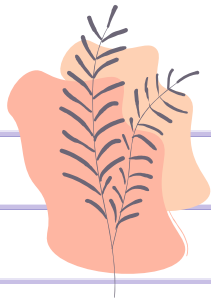
3. \_\_\_\_\_

Top 3 Priorities Today:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# Notes

