



| GRATITUDE                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | MUST FIX                                                                                                                                                                                                                                                                                                                                                                                                                                 | Q1 How could I have given a 'Positive No' to some items on my to-do list?                                   | Q2 What are three or four of the 'Big Yesses' in my life?                                                   |
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| Happiness stems from gratitude. What do I have to be thankful for this week?                                                                                                                                                                                                                                                                                                                                                                                                        | What are the unaddressed issues to fix this week?<br><br>1.<br><br><br>2.<br><br><br>3.<br><br><br>4.<br><br><br>5.                                                                                                                                                                                                                                                                                                                      |                                                                                                             |                                                                                                             |
| TASKS                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | CONTACTS                                                                                                                                                                                                                                                                                                                                                                                                                                 | FOCUS #1: _____                                                                                             | FOCUS #2: _____                                                                                             |
| What miscellaneous tasks do I need to take care of?<br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/> | Who do I need to reach out to this week?<br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/><br><br><input type="checkbox"/> | What is it?<br><br>Why is it important?<br><br>Who do I need help from?<br><br>What does success look like? | What is it?<br><br>Why is it important?<br><br>Who do I need help from?<br><br>What does success look like? |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                          | FOCUS #3: _____                                                                                             | FOCUS #4: _____                                                                                             |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                          | What is it?<br><br>Why is it important?<br><br>Who do I need help from?<br><br>What does success look like? | What is it?<br><br>Why is it important?<br><br>Who do I need help from?<br><br>What does success look like? |