



GRATITUDE

MUST FIX

Q1 Are there any deal friendships I've been treating like real friendships?

Q2 Who are the people in my life demonstrating that they're real friends?

Happiness stems from gratitude. What do I have to be thankful for this week?

What are the unaddressed issues to fix this week?

- 1.
- 2.
- 3.
- 4.
- 5.

TASKS

CONTACTS

FOCUS #1: _____

FOCUS #2: _____

What miscellaneous tasks do I need to take care of?

Who do I need to reach out to this week?

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What is it?

Why is it important?

Who do I need help from?

What does success look like?

FOCUS #3: _____

What is it?

Why is it important?

Who do I need help from?

What does success look like?

FOCUS #4: _____

What is it?

Why is it important?

Who do I need help from?

What does success look like?

What is it?

Why is it important?

Who do I need help from?

What does success look like?