



# Importance of Self

# WEEKLY PLANNER

## Goals, Intentions and Action Steps

LAST WEEK'S REFLECTIONS \_\_\_\_\_

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**MON**

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### ACTIONS & HABITS

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**TUE**

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**WED**

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**THU**

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**FRI**

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**SAT**

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**SUN**

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# Importance of Self MONTHLY PLANNER

## Month One

Quarter:  
Month:  
Year:

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	<i>Note to Self</i> I AM... ..... ..... ..... .....			

# Importance of Self MONTHLY PLANNER

## Month Two

Quarter:  
Month:  
Year:

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	<i>Note to Self</i> I AM... .. ..... ..... ..... .....			

# Importance of Self MONTHLY PLANNER

## Month Three

Quarter:  
Month:  
Year:

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	<i>Note to Self</i> I AM... .. ..... ..... ..... .....			

# Importance of Self YEARLY PLANNER

YEAR \_\_\_\_\_

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

# Importance of Self REFLECTIONS OF SUCCESS

DATE \_\_\_\_\_

JOURNAL OUT & REVIEW YOUR WEEK, MONTH, QUARTERS & THE YEAR. THE QUESTIONS BELOW WILL HELP...

WHAT I HAVE ACHIEVED ?

WHAT AM I PROUD OF MYSELF FOR ?

WHAT HAVE I LEARNT ?

WHAT AM I GRATEFUL FOR FROM MY CHALLENGES ?

WHAT COULD I DO DIFFERENTLY TO BRING BETTER RESULTS, WHAT ARE MY INTENTIONS FOR NEXT TIME ?

NOTE TO SELF

