Weekly	THIS WEEK'S GOAL	ACHIEVEMENT REWARD
Plan		
EXERCISES I WILL USE T	O ACHIEVE THIS WEEK'S G	OAL
1		
2		
3		
4		
5		
HOW WILL I MAKE MYS	ELF FEEL GOOD?	NEW EXERCISES TO MASTER
1		
2		
3		
4		
5		
HOW WILL I MAKE THIS	WFFK AMA7ING?	
INEAS / GRATITIINE /	VICTORIES / NOTES / T	HOUGHTS / FEELINGS / MIND MAP

