

# WEEKLY PREVIEW

**AFTER-ACTION REVIEW** List 3–5 of your biggest wins from the week.

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How far did you get on your Weekly Big 3?

1		%
2		
3		

What worked? What didn't? Why?

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What will you continue or change?

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**GOAL REVIEW & LIST SWEEP** Review your goals, lists, and notes, and update your task manager.

- GOAL REVIEW
- DELEGATED & DEFERRED TASKS
- DAILY NOTES
- TASK MANAGER

**STREAKTRACKER™** Track your habit-goal progress.

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1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7

**REJUVENATION** Identify 3 ways to sleep, eat, move, connect, or relax a bit better this week.

Then schedule on the Daily Pages.

1	2	3

**WEEKLY OVERVIEW** Review upcoming week and mark commitments on the 7-day view on the following page.

- EVENTS
- PROJECTS
- TASKS
- OTHER COMMITMENTS

**WEEKLY BIG 3** Based on your goals and projects, pick 3 objectives for the coming week.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY