

WEEKLY HABIT TRACKER

For the week of

to

Daily Habits

| | Su | Mo | Tu | We | Th | Fr | Sa |
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Boundaries

Setting boundaries takes practice. This week, I'll focus on ...

Wins

This week, I'm celebrating ...

Home

Priorities

Work

Hours of Sleep

Goal:

Actual:

Su

Mo

Tu

We

Th

Fr

Sa

Tasks

Circle One

Done

Outsource Automate Delegate

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