

# August

THIRD QUARTER



## AUGUST FOCUS

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### GOALS

- 1.
- 2.

### OBJECTIVES

- 1.
- 2.
- 1.
- 2.

### TASKS

- 1.
- 2.
- 3.
- 1.
- 2.
- 3.

Thursday, August 1

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Friday, August 2

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
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11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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# Weekly *Review*

## Big Wins

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Challenges

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Solutions

- 1.a \_\_\_\_\_  
b \_\_\_\_\_
- 2.a \_\_\_\_\_  
b \_\_\_\_\_
- 3.a \_\_\_\_\_  
b \_\_\_\_\_

Saturday, August 3

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
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3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

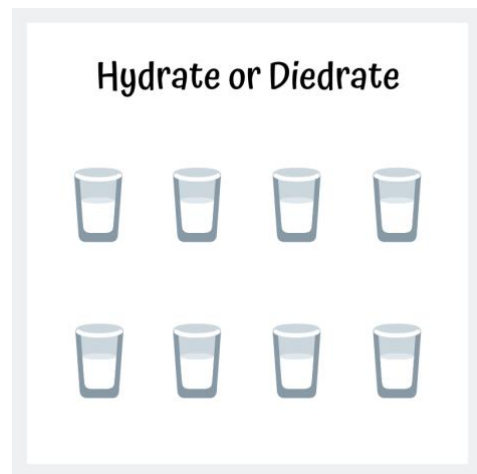
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To Do:

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Today's win:

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Sunday, August 4

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Monday, August 5

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Tuesday, August 6

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Wednesday, August 7

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

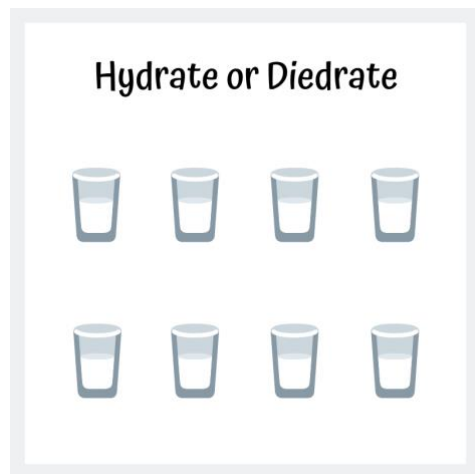
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To Do:

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Today's win:

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Thursday, August 8

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
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1:30 PM
2:00 PM
2:30 PM
3:00 PM
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4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Friday, August 9

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

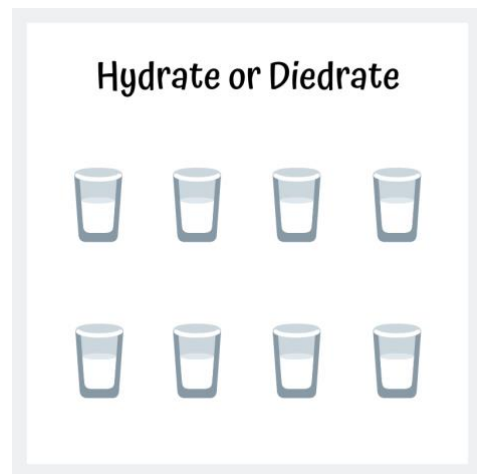
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To Do:

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Today's win:

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# Weekly *Review*

## Big Wins

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Challenges

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Solutions

- 1.a \_\_\_\_\_  
b \_\_\_\_\_
- 2.a \_\_\_\_\_  
b \_\_\_\_\_
- 3.a \_\_\_\_\_  
b \_\_\_\_\_

Saturday, August 10

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
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4:30 PM
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6:30 PM
7:00 PM
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8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Sunday, August 11

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
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2:00 PM
2:30 PM
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3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Monday, August 12

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
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12:30 PM
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4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Tuesday, August 13

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
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2:00 PM
2:30 PM
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3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

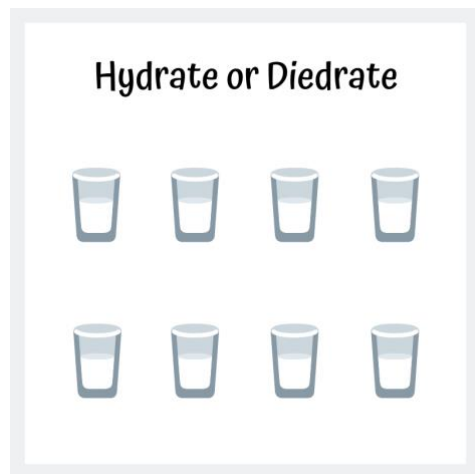
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To Do:

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Today's win:

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Wednesday, August 14

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
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1:30 PM
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4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Thursday, August 15

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
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3:00 PM
3:30 PM
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4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Friday, August 16

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
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4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

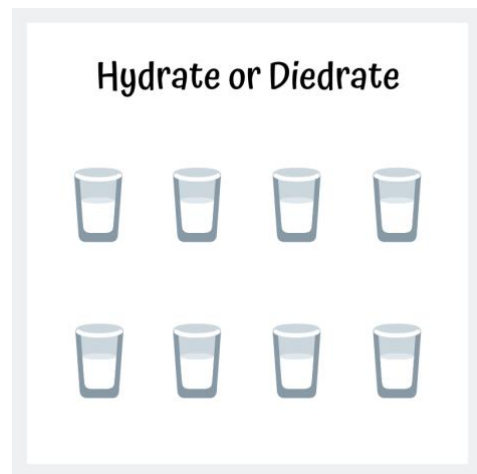
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To Do:

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Today's win:

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# Weekly *Review*

## Big Wins

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Challenges

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Solutions

- 1.a \_\_\_\_\_  
b \_\_\_\_\_
- 2.a \_\_\_\_\_  
b \_\_\_\_\_
- 3.a \_\_\_\_\_  
b \_\_\_\_\_

Saturday, August 17

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
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7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Sunday, August 18

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
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7:00 PM
7:30 PM
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8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

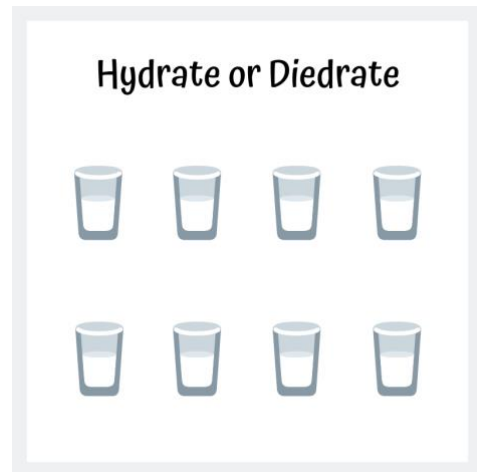
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To Do:

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Today's win:

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Monday, August 19

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
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11:30 AM
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6:30 PM
7:00 PM
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8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Tuesday, August 20

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
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4:30 PM
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8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Wednesday, August 21

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
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9:30 AM
10:00 AM
10:30 AM
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8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

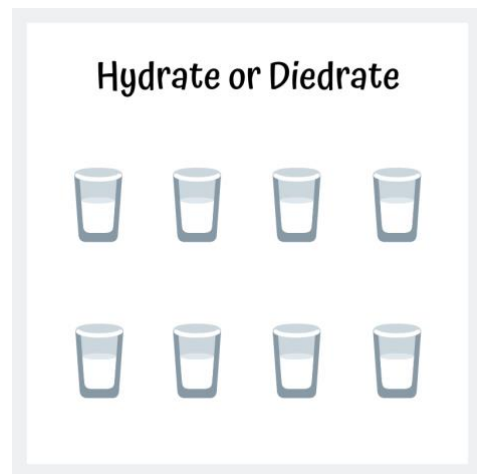
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To Do:

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Today's win:

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Thursday, August 22

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
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8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

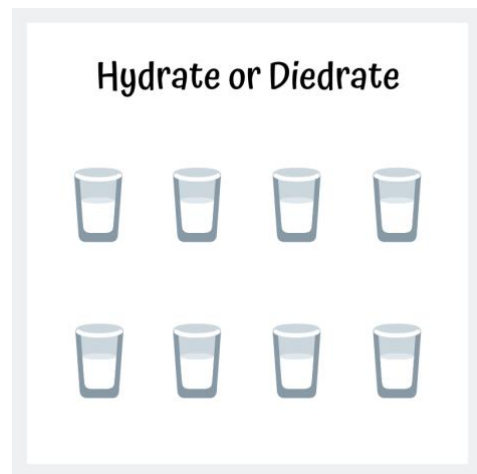
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To Do:

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Today's win:

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Friday, August 23

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
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8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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# Weekly *Review*

## Big Wins

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Challenges

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Solutions

- 1.a \_\_\_\_\_  
b \_\_\_\_\_
- 2.a \_\_\_\_\_  
b \_\_\_\_\_
- 3.a \_\_\_\_\_  
b \_\_\_\_\_

Saturday, August 24

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
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4:30 PM
5:00 PM
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6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Sunday, August 25

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
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6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Monday, August 26

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Tuesday, August 27

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

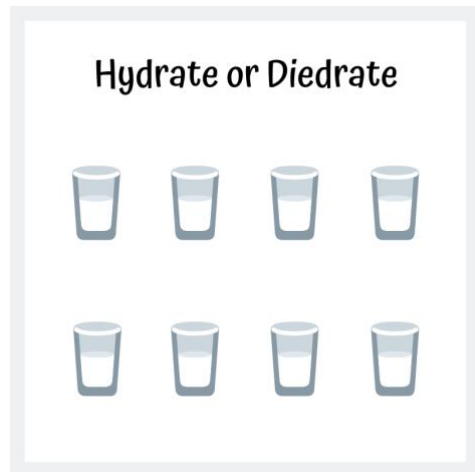
---

To Do:

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Today's win:

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Wednesday, August 28

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

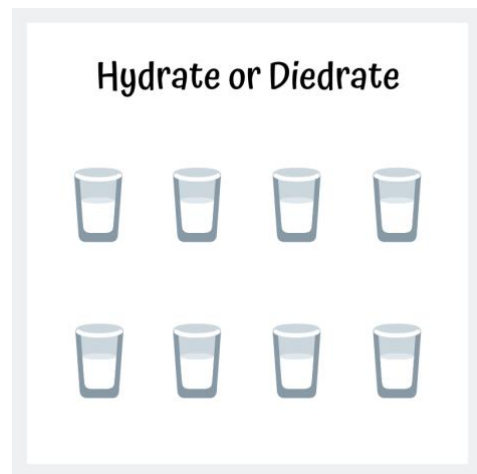
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To Do:

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Today's win:

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Thursday, August 29

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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Friday, August 30

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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# Weekly *Review*

## Big Wins

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Challenges

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Solutions

- 1.a \_\_\_\_\_  
b \_\_\_\_\_
- 2.a \_\_\_\_\_  
b \_\_\_\_\_
- 3.a \_\_\_\_\_  
b \_\_\_\_\_



Saturday, August 31

My Main Focus: \_\_\_\_\_

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

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I'm excited about:

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To Do:

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Today's win:

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