

# May

SECOND QUARTER



## MAY FOCUS

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### GOALS

- 1.
- 2.

### OBJECTIVES

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

### TASKS

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

Wednesday, May 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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Thursday, May 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
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, May 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
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, May 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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Sunday, May 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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Monday, May 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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Tuesday, May 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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Wednesday, May 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
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, May 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:

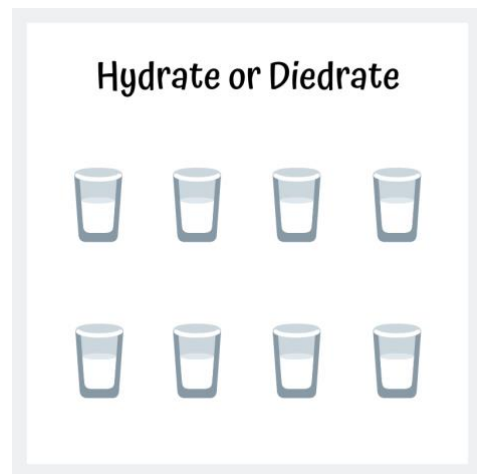
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To Do:

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Today's win:

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Friday, May 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
12:30 PM
1:00 PM
1:30 PM
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:

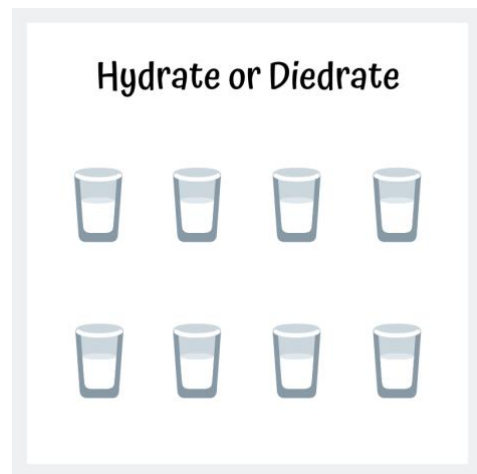
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To Do:

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Today's win:

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# Weekly *Review*

## Big Wins

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

## Challenges

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

## Solutions

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

Saturday, May 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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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, May 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
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, May 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
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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, May 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
1:00 PM
1:30 PM
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2:30 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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Wednesday, May 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
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:

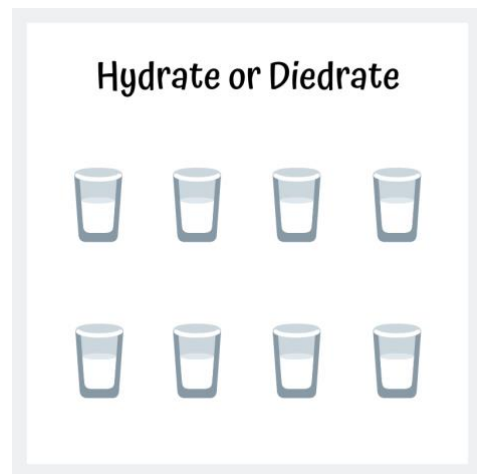
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To Do:

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Today's win:

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Thursday, May 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
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:

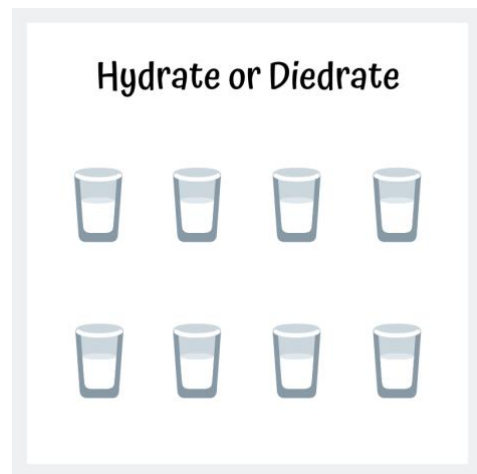
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To Do:

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Today's win:

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Friday, May 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
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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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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, May 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
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:

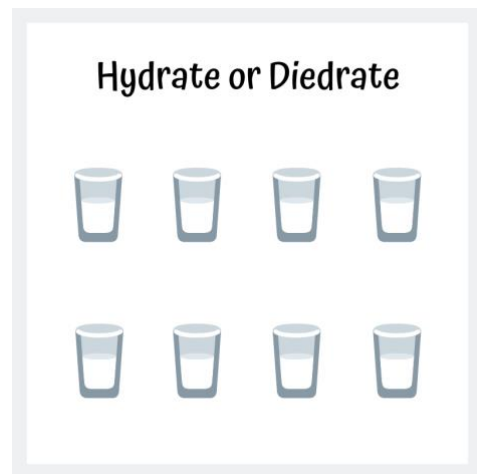
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To Do:

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Today's win:

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Sunday, May 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
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
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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 *Plan*

Big Exciting Goals for this Week

Action Steps toward Goal

1. \_\_\_\_\_

1.a \_\_\_\_\_

b \_\_\_\_\_

c \_\_\_\_\_

2. \_\_\_\_\_

2.a \_\_\_\_\_

b \_\_\_\_\_

c \_\_\_\_\_

3. \_\_\_\_\_

3.a \_\_\_\_\_

b \_\_\_\_\_

c \_\_\_\_\_

To Do

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Monday, May 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
12:00 PM
12:30 PM
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1:30 PM
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4:30 PM
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5:30 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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Tuesday, May 21

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
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11:00 AM
11:30 AM
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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:

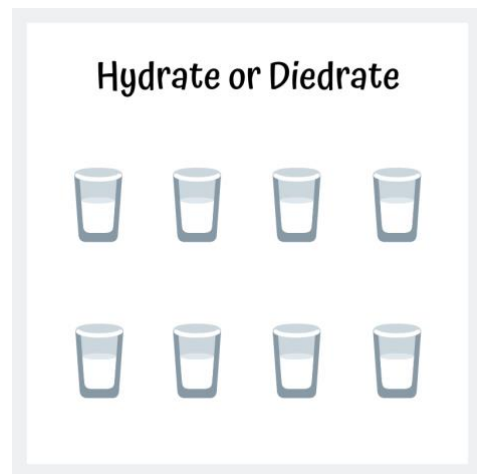
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To Do:

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Today's win:

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Wednesday, May 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
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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:

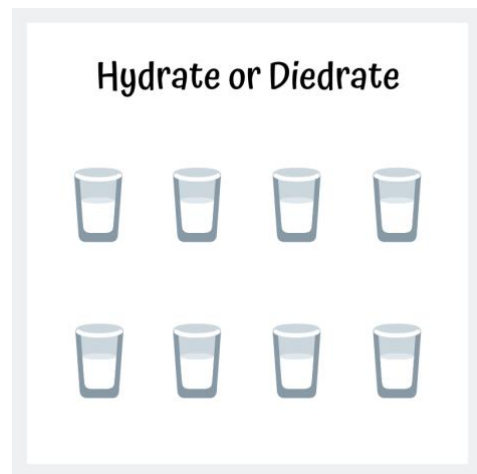
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To Do:

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Today's win:

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Thursday, May 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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1:30 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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Friday, May 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
11:30 AM
12:00 PM
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6:30 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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# Weekly *Review*

## Big Wins

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

## Challenges

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

## Solutions

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



Saturday, May 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
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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, May 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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Monday, May 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:

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To Do:

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Today's win:

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Tuesday, May 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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Wednesday, May 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:

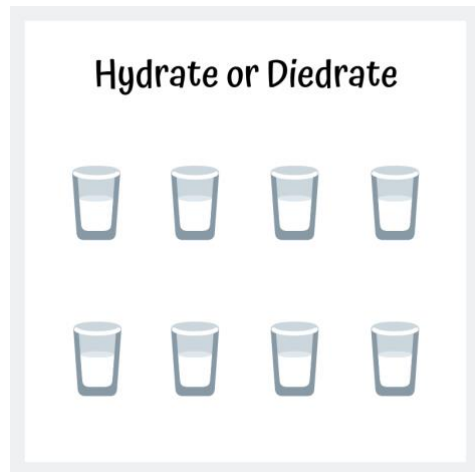
---

To Do:

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Today's win:

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Thursday, May 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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Friday, May 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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# Weekly *Review*

## Big Wins

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

## Challenges

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

## Solutions

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