



## WEEKLY INTENTIONS

WEEK OF |

WORD OF THE WEEK |

WEEKLY FOCUS

*I WILL IMPROVE*

*I WILL PERSIST IN*

*I WILL AVOID*

*I WILL ADJUST*

RICHLIX NOTED

SELF-CARE PRACTICES

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

WEEKLY ROUTINES

M T W T F S S

|  | M | T | W | T | F | S | S |
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