

Weekly Focus Sheet (Version 1.1)

My Desired Outcomes for Week Beginning:

ID:

1

2

3

Notes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Focus Area							
Desired Outcome #1							
Desired Outcome #2							
Desired Outcome #3							

Instructions: At the beginning of the week write your 3 Desired Outcomes for the week and fill in your Daily Focus Areas. At the beginning of each day, decide your 3 Desired Outcomes for the day. End the week by reflecting on if your Desired Outcomes became reality or not. Adapted from original work by Dave Lee <http://heydave.org>