

The Empowered Project

Planning & Preparation

WEEK OF:

WHAT SPECIFIC GOAL DO YOU WANT TO ACCOMPLISH THIS WEEK?

WHAT STEPS WILL YOU TAKE TO BREAK DOWN YOUR GOAL INTO
MANAGEABLE TASKS?

WHAT SELF-CARE PRACTICES OR RITUALS WILL YOU PRIORITIZE THIS
WEEK TO NURTURE YOUR OVERALL WELL-BEING?

WHO CAN YOU TURN TO FOR SUPPORT, ENCOURAGEMENT, AND
ACCOUNTABILITY DURING THE WEEK?

END OF THE WEEK

Reflection

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WHAT WORKED?

WHAT DIDN'T WORK?

I'M PROUD OF MYSELF FOR ...

Notes for next week ...