



BUILD YOUR WEEKLY BRIDGE

This sheet guides you through closing your week and planning the next.

- 1** Spend five minutes reflecting on what you accomplished this week.
- 2** Write down your feelings about those accomplishments.
- 3** Create a specific plan for Monday: when, where, and what you'll do.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

☐

THU

☐

FRI

□

SAT

☐

SUN

What I noticed this week:

Close the week. Open the next.