



WEEKLY DRIFT CHECK

This sheet helps you realign your efforts with your goals.

- 1** Set aside ten minutes each week for reflection.
- 2** Read your initial goal or intention out loud.
- 3** List what actually filled your week.
- 4** Identify one thing to redirect towards your goal.
- 5** Make the adjustment and repeat weekly.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

MON

TUE

TUE

WED

WED

THU

THU

FRI

FRI

SAT

SAT

SUN

SUN

What I noticed this week:

Rowing in the right direction makes all the difference.