

# *make moves & boss up.*

ONE WEEK AT A TIME

WEEK OF:

THIS WEEK'S TOP THREE GOALS & TASKS:

- ☐
- ☐
- ☐

OTHER TASKS TO COMPLETE:

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REMEMBER:

There's no glory in a  
grind that runs you  
into the ground.

Be kind to yourself  
even when life isn't.

ENCOURAGING WORDS FOR THE WEEK;