



My Week

WEEK COMMENCING:

TASKS FOR THIS WEEK

GOALS FOR THIS WEEK

I'M GOING TO BE CONFIDENT THIS WEEK BECAUSE

A WEEK OF CONFIDENCE

Week Commencing

MONDAY

*One great thing I've
done today*

TUESDAY

*One great thing I've
done today*

WEDNESDAY

*One great thing I've
done today*

THURSDAY

*One great thing I've
done today*

FRIDAY

*One great thing I've
done today*

SATURDAY

*One great thing I've
done today*

SUNDAY

*One great thing I've
done today*

NOTES

*One great thing I've
done today*