

"This week is the start of a new life. You can completely reinvent yourself. Will you?"

Goal(s) & Intention for the Week

SCORE

Down 1-0

Key People & Places

Get up early 4x. Workout 6x. Make the calls. Follow-up fast. Improve the quality and tone of all communications - personal and business.

- Family
- Friends
- Co-Workers
- Neighbors
- Jersey City

Tasks, Meetings & Notes by Day

Monday

- Late start
- Team meetings
- No coffee (made chai)
- Soccer practice
- JCSA Board meeting
- late to bed

Tuesday

- JG Invoice
- JCSA Comms
- Weekbug Template(s)
- HPUTB Contract
- Prep Antanoff
- Drita Follow-Up
- IHP - Men's Donation Sheet
- IHP - Greeting + Talk

Distracted

Wednesday

- CF mtg Prasad
- Proposals - 4x _ _ _ _
- New Client Call
- D
- E
- F

EAT ☒ PRAY ☐ SLEEP ☐ FIT ☐ EAT ☐ PRAY ☐ SLEEP ☐ FIT ☐ EAT ☐ PRAY ☐ SLEEP ☐ FIT ☐

Thursday

- mtg with Kaiyes
- mtg with Eduard
- JG Email & Promo
- C
- D
- E
- F

Creative

Friday

- JCSA All-Star Practice Plan
- Whale Pod
- Grassroots Coaching License
- Winter Plan - B.Sports/JCSA/PS16/AJ's school/So-5 - \$\$
- Proposals for Hisham Leads
- F
- G

Weekend

- Halloween Party
- Go See Dad

EAT ☒ PRAY ☐ SLEEP ☐ FIT ☐ EAT ☐ PRAY ☐ SLEEP ☐ FIT ☐ EAT ☐ PRAY ☐ SLEEP ☐ FIT ☐

Moods & Vibes
(Circle, drag & drop or mark the ones you feel throughout on various days of wk.)

Calm Focused Magnetic

Active Motivated Loving

Flowing Joyful Reflective

Angry Guilty Confused

Anxious Passive Fearful Sad

Apathetic Tired

REVIEW: Notes & Results for the Week

- Multiple check-ins possible here.

Timebug Trackers

NO COFFEE

6:30AM WAKE-UP

ARM EXERCISE

NO DRINKING

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Check-In QUALITY

(1-10 Scale, 10=High)

PHYSICAL ☒

MENTAL ☒

EMOTIONAL ☒

SPIRITUAL ☒