



"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

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

Key People & Places

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

Tasks, Meetings & Notes by Day

Monday	<ul style="list-style-type: none"> • Late start • Team meetings • No coffee (made chai) • Soccer practice • JCSA Board meeting • late to bed 	<ul style="list-style-type: none"> • JG Invoice • JCSA Comms • Weekbug Template(s) • HPUTB Contract • Prep Antanoff • Drita Follow-Up • IHP - Men's Donation Sheet • IHP - Greeting + Talk 	<ul style="list-style-type: none"> • CF mtg Prasad • Proposals - 4x • New Client Call • D • E • F
	EAT PRAY SLEEP FIT	EAT PRAY SLEEP FIT	EAT PRAY SLEEP FIT
Thursday	<ul style="list-style-type: none"> • mtg with Kaiyes • mtg with Eduard • JG Email & Promo • C • D • E • F 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Halloween Party • Go See Dad
	EAT PRAY SLEEP FIT	EAT PRAY SLEEP FIT	EAT PRAY SLEEP FIT
			Weekend

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

Calm Focused Magnetic Angry Guilty Confused
Active Motivated Loving Anxious Passive Fearful Sad
Flowing Joyful Reflective Apathetic Tired

REVIEW: Notes & Results for the Week

- Multiple check-ins possible here.

