

(Past) Week of:

FRIDAY FILE

Achievements This Week (big or small)

Learning and Reflection

Self-Compassion.....

CONNECTION

Email, Call, or Note

Thank

Update

Connect with a Friend to Make a Plan

Offer Support or Encouragement

Reach out (Mentor, colleague, fellow traveller...)

.....Kindness.....

Coming Week of:

APPOINTMENTS AND “TO DO”

[illegible]

Self-Compassion.....

AFFIRMATIONS AND FOCUS

I am..... (positive self-statement)

Most Important Thing(s) in the Coming Week

Follow Up or Flag

.....Kindness.....