



## Last Week from My Perspective *date:*

### 10 Questions to Ask Yourself

1. What was the main goal or priority that I was going to focus on the previous week?
2. How much time did I give to doing something about it?
3. Is there a follow up step that needs to happen because of the action? (Write in day planner)
4. Is there an adjustment or modification necessary to the priority to break it into a smaller task, still making some progress?
5. What do I want to focus on this upcoming week? (Write in day planner)
6. Action step that must be taken this week. (Write in day planner)
  - Goals List?
7. What underlying fear, hesitation, or lack of motivation do I feel about taking action?
8. Are there any exercises I can do to encourage moving through this obstacle?
9. What is something I read this week that was helpful to learn, new knowledge, or information that will be helpful moving forward?
  - Opportunity for book review?
10. Breakthroughs from journaling?