

Weekly Accomplishments

#boldthinkers

When you are focused and working on your goals, it is easy to keep your mind looking forward without taking breaks or reflecting.

As you prioritize your dreams and desires, incorporate a weekly practice of listing your accomplishments for the week.

By doing this, you will build an arsenal of support and positive data that will get you through the challenging and uncertain times.

You deserve to celebrate along the way.
#boldthinkers know this and honor it!

*xo
Kanisha*

Categories

Examples

- Wellness*
- Spirituality*
- Finance*
- Family*
- Career/Business*
- Marriage*
- Friendships*
- Growth/Development*
- Household*

Accomplishments

Examples

Friday, January 8, 2016

Accomplishment	Category
<i>Exercised 4 days out of 7</i>	<i>Wellness</i>
<i>Tried a new recipe that was plant based (pretty tasty!)</i>	<i>Wellness Family</i>
<i>Phone call with my best friend</i>	<i>Friendship</i>
<i>Sent out 4 pitches for speaking engagements</i>	<i>Career Business</i>
<i>Attended my monthly mastermind meeting / asked for specific help</i>	<i>Career Business Growth</i>
<i>Went to bed at 9:30pm on 4 nights.</i>	<i>Marriage Wellness</i>
<i>Put my phone away at 7pm each night.</i>	<i>Family Wellness Marriage</i>

Categories

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Accomplishments

Date: _____

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