Week of			
I am consciously attr	acting		
Actions I will take the 1.	is week:		
2.			
3.			
4.			
5.			
How I will give to and	d/or support o	thers this week:	
"Work" my network	s: □Linked-In	□Facebook □	
Productively discuss ☐Mon ☐Tue ☐Wo	-	•	
I am grateful for:	4.	7.	
2.	5.	8.	

(*Write thank-you notes)

6.

9.

3.