Weekly Focus Planner

A simple page for deciding what actually fits this week.

Weekly intention

This week I want to feel: _____ If I accomplish one thing, it will be: _____

Top 3 outcomes

1. _____
2. _____
3. _____

Protect your energy

Deep-focus block: _____
One thing I will postpone: _____
One pause I want to keep: _____

Close the week

What worked: _____
What I learned: _____
What I am carrying into next week: _____