

Focus Game Plan Worksheet

YOUR WEEKLY GUIDE TO **STAY FOCUSED, ALIGNED, AND IN MOMENTUM.**
USE IT AT THE **START OF EACH WEEK** TO SET YOUR INTENTIONS,
MAP YOUR PRIORITIES, AND REFLECT ON YOUR **GROWTH.**

1. WEEKLY FOCUS INTENTIONS

THIS WEEK, I INTEND TO FOCUS ON:

WHY THIS MATTERS TO ME:

2. TOP 5 PRIORITIES

LIST THE 5 KEY THINGS YOU WANT TO **ACCOMPLISH** THIS WEEK:

3. BLOCK YOUR TIME:

SKETCH OUT YOUR WEEK — WHEN
WILL YOU WORK ON EACH PRIORITY?

4. FOG WATCH: DISTRACTIONS TO LOOK OUT FOR

WHAT'S LIKELY TO PULL ME OFF TRACK THIS WEEK?
HOW WILL I RESPOND WHEN THAT HAPPENS?

Focus Game Plan Worksheet

YOUR WEEKLY GUIDE TO **STAY FOCUSED, ALIGNED, AND IN MOMENTUM.**
USE IT AT THE **START OF EACH WEEK** TO SET YOUR INTENTIONS,
MAP YOUR PRIORITIES, AND REFLECT ON YOUR **GROWTH.**

5. END-OF-WEEK REFLECTION

WHAT DID I ACCOMPLISH?

WHAT FELT GREAT?

WHAT COULD I DO DIFFERENTLY NEXT WEEK?

WHAT SLIPPED THROUGH THE CRACKS?

ONE WIN I'M PROUD OF: