

Weekly Progress Journal

MONDAY Accomplishments	TUESDAY Accomplishments	WEDNESDAY Accomplishments	THURSDAY Accomplishments
Biggest Win	Biggest Win	Biggest Win	Biggest Win
FRIDAY Accomplishments	SATURDAY Accomplishments	SUNDAY Accomplishments	GOALS FOR NEXT WEEK
Biggest Win	Biggest Win	Biggest Win	Most Desired Biggest Win

Sage Grayson

LIFE EDITOR

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Weekly Progress Journal

Thank you for downloading the Weekly Progress Journal from <http://sagegrayson.com>. This worksheet will help you keep track of all the little accomplishments that lead you to your big goals.

Instructions

- Write down everything you did during your day that supports the dreams you have for yourself. Maybe you cleaned up the living room for 5 minutes this morning. Maybe you sent an important email right away instead of procrastinating. Maybe you created an outline for your new project.
- Then, choose the biggest win from your day; the thing you are most proud of doing. It might be as simple as putting on lipstick so you felt good about yourself every time you walked by a mirror.
- Keep your past Weekly Progress Journals so you can do monthly, quarterly, and yearly recaps of all your successes.



Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

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