

Weekly Intentions & Commitments

Name: _____ For Week Of: _____

1

My Top 3 Current Goals:

1. _____
2. _____
3. _____

2

My Top 3 Current Projects (supporting my goals):

1. _____
2. _____
3. _____

3

What Worked (accomplishments last week):

1. _____
2. _____
3. _____

4

What Didn't Work:

1. _____
2. _____
3. _____

5

The Results I Intend to Produce This Week:

1. _____
2. _____
3. _____

Weekly Intentions & Commitments (Continued)

6

My Promised Actions This Week (in support of my goals and projects):

1. _____
2. _____
3. _____
4. _____
5. _____

7

My Needs From My Inner Success Circle Team This Week:

1. _____
2. _____
3. _____

8

Notes and Observations (wins, challenges, obstacles, celebrations):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____