

WEEK # _____ DATE RANGE: FROM _____ TO _____

This planner is for the week ahead. Use it to write your plan down before the week starts. Fill in the planned side first. Next to it, write why. Having to put the reason in writing is what keeps use intentional rather than automatic. Mark the days you plan not to use at all. At the end of each day, check the box to show whether you stuck with the plan or went away from it. Marking it day by day is the only way a pattern comes to the surface.

MONDAY - PLANNED	NON-USE DAY ☐	WHY	FOLLOWED THE PLAN YES ☐ NO ☐
TUESDAY - PLANNED	NON-USE DAY ☐	WHY	FOLLOWED THE PLAN YES ☐ NO ☐
WEDNESDAY - PLANNED	NON-USE DAY ☐	WHY	FOLLOWED THE PLAN YES ☐ NO ☐
THURSDAY - PLANNED	NON-USE DAY ☐	WHY	FOLLOWED THE PLAN YES ☐ NO ☐
FRIDAY - PLANNED	NON-USE DAY ☐	WHY	FOLLOWED THE PLAN YES ☐ NO ☐
SATURDAY - PLANNED	NON-USE DAY ☐	WHY	FOLLOWED THE PLAN YES ☐ NO ☐
SUNDAY - PLANNED	NON-USE DAY ☐	WHY	FOLLOWED THE PLAN YES ☐ NO ☐

This sheet is not meant to be used forever. It's offered simply to make a pattern visible while you are still learning to see it. Once you can see it without the sheet, you'll no longer need it.



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