



MY **SERENE** PLAN

For the week/..... /.....

THIS WEEK'S MAIN GOAL:	PRIORITIES:

MONDAY	SESSIONS:
Today's goal:	1:
	2:
	3:
TUESDAY	SESSIONS:
Today's goal:	1:
	2:
	3:
WEDNESDAY	SESSIONS:
Today's goal:	1:
	2:
	3:
THURSDAY	SESSIONS:
Today's goal:	1:
	2:
	3:
FRIDAY	SESSIONS:
Today's goal:	1:
	2:
	3:

WINS THIS WEEK:	DISTRACTIONS:	LESSONS LEARNED: