



MAR
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Week Review

Week of __/__/__

Use this format to take some quiet time and reflect on your life: where you have been wanting to steer it; and where it's actually been going. You can note things you would like to do more of, less of, or alter entirely. Note what's been working in your current strategy, what you want to modify. I find it helpful to take a quiet walk and let the stillness tell me the answer to these things.

Summary

Write this after you have done the rest. Summarize in a few bullet points.

Learning

Major things I learned (or re-learned) this week.

State of Mind, Spirit, & Global View

How are your actions and life going, in regard to global contribution, purpose, and overall sense of contribution to the world?

Current Business

Now, let us focus on the thing that sustains us: our current business.

1. Already paid for, and I still need to do

Keep this underway and don't get too far behind.

2. Up to do next, and still get paid for

Either you need to just do and get paid, or move client forward to the next part of the work.

3. In the pipeline, ready to finalize

Keep prospects moving into paying clients.

4. Business yet to create

Always keep an eye on generating more business.

Business Development

What are you doing next to build the success of your business. Clarification of business goals. Branding and marketing efforts. Review and summarize.

Finances

Movement towards long-term goals. What be kept the same? Improved?

Social Connection & Love

Are you giving yourself time to relax, share time, and creating social situations that you enjoy?

Health

How's your diet, habits, sleep, and exercise going?

Creativity & Fun

We hope this is in all the other categories, but let's break it out and make sure you are having some.