

# MY WEEKLY PLANNER

one line journaling for 7 days.

Which thought I  
decluttered?

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M:

T:

W:

T:

F:

S:

S:

How did I fix my  
distractions today?

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M:

T:

W:

T:

F:

S:

S:

What did I do to stay out of my comfort zone?

M:

T:

W:

T:

F:

S:

S: