

MY WEEKLY PLANNER

one line journaling for 7 days.

Which thought I decluttered?

M:

T:

W:

T:

F:

S:

S:

How did I fix my distractions today?

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: