Weekly Goals

Sample

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|  | Goal(s) | Date |
| **Spiritual** | *Spend 15 minutes every morning in prayer, meditation, and planning* | Monday 3/3 |
| **Relational** | *Date Night with spouse**Take kids to park saturday afternoon* | Friday, 3/7Saturday, 3/8 |
| **Physical** | *Run 30 minutes* | TuesdayThursdaySaturday |
| **Mental** | *Read FP Planner, 10 minutes a day* | 1st Chapter by 3/9 |

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| **Spiritual** |  |  |
| **Relational** |  |  |
| **Physical** |  |  |
| **Mental** |  |  |

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|  | Goal(s) | Date |
| **Spiritual** |  |  |
| **Relational** |  |  |
| **Physical** |  |  |
| **Mental** |  |  |

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| --- | --- | --- |
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| **Spiritual** |  |  |
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| **Mental** |  |  |