

AFTER ORANGE

#THEPRISONPROJECT

SUCCESS PATH

Residency Program

A Personal Planning Tool For Clarity &
Action-Steps To Achieving Your 3-Month Goal For:

(Name)

Welcome!

We're excited to help you create your best life through preparation, completion and measuring your wins.



Time management is the process of directing how much time is spent on *certain activities.*

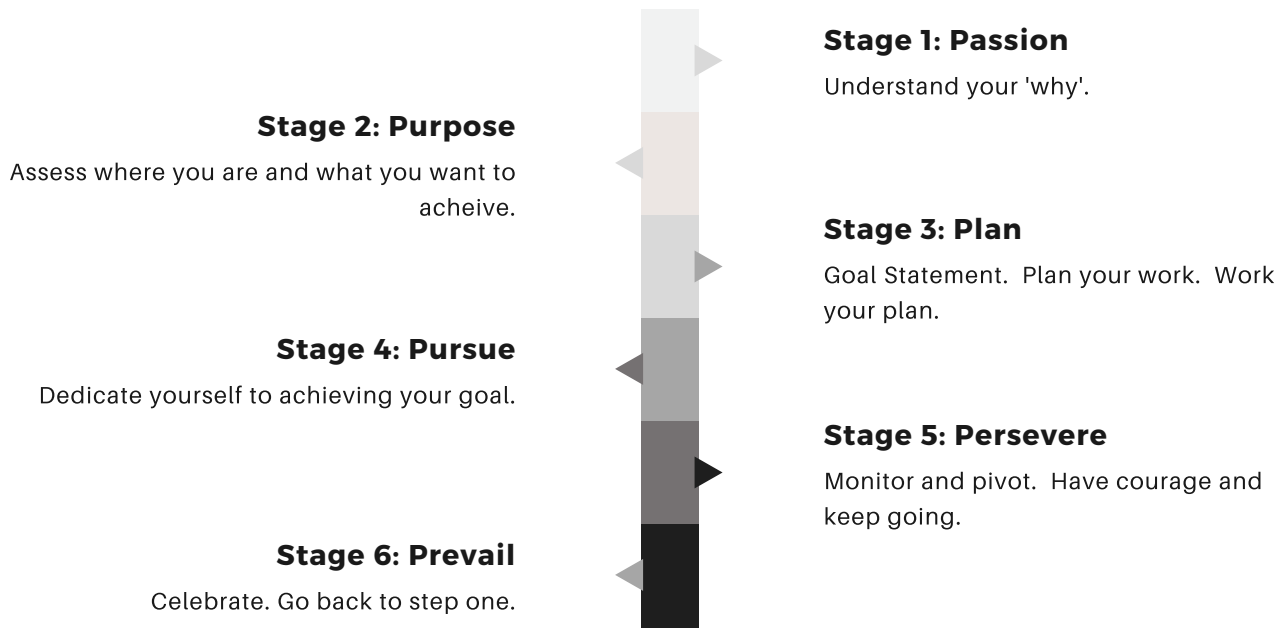
“In the truest sense, freedom cannot be bestowed; it must be achieved.”

- Franklin D. Roosevelt

YOUR GOAL SETTING JOURNEY

"BEGIN TO BE NOW WHAT YOU WILL BE HEREAFTER"

-William James-



Objective: What would you like to achieve?

Significance: Why will this make a difference in your life?

Outcome: What does the completing the objective look like?

Winning Metrics: What needs to be verified when this is successfully completed?

1)

2)

3)

4)

5)

GOAL

What's the best that can happen?

What's the worst that can happen?

Target Date Of Successful Completion:

**"By failing to prepare, you are preparing to fail"
- Benjamin Franklin -**

a) Success Killers (Things that may get in your way)
VS.
b) Success Savers (Strategies to get you back on track)

1a)

1b)

2a)

2b)

3a)

3b)

4a)

4b)

5a)

5b)

6a)

6b)

7a)

7b)

8a)

8b)

9a)

9b)

10a)

10b)

Three Progress Goals that will help you achieve your main objective (3 Months):

- 1)
- 2)
- 3)

Actions + Tasks (based on progress goal #1):

- 1)
- 2)
- 3)

Actions + Tasks (based on progress goal #2):

- 1)
- 2)
- 3)

Actions + Tasks (based on progress goal #3):

- 1)
- 2)
- 3)

"Good things come to people who wait, but better things come to those who go out and get them."

- Anonymous -

I will do the following three things to make sure I follow this road map to take action on these goals daily:

1) _____

2) _____

3) _____

My Affirmation

(FILL IN THE BLANKS)

I am thankful for easily having (Concise Target Goal) _____

By _____ .

(Week / Month / Quarter)

-
- Say this out loud (in the mirror if possible) 5 times in the morning and at night (1 Minute)
 - Write it down 15 times in the morning and 15 times at night (10 Minutes)
 - Do not tell others your goal statement or affirmation. Keep it private.

Signed _____ **Date:** _____



"Our goals can only be reached through the vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act.

There's no other route to success."

- Pablo Picasso -

AFTER ORANGE

#THEPRISONPROJECT

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1) _____
- 2) _____
- 3) _____

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1) _____
- 2) _____
- 3) _____

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1) _____
- 2) _____
- 3) _____

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1) _____
- 2) _____
- 3) _____

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

WEEK 1 PROGRESS: / / - / /

Target Goal For This Week:

1) This Weeks Tasks:

- 2)
- 3)

Healthy Habit / Exercise:

Sun Mon Tues Wed Thurs Fri Sat

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks	Thoughts / Notes
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm



Daily Progress

Today's Date / / S M T W T F S

AM

Today, I am thankful for:

My Goal Today is:

Three Tasks To Accomplish:

- 1)
- 2)
- 3)

PM

Wins Of The Day:

Tonight, I am thankful for:

Micro-Tasks

Thoughts / Notes

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weekly Review:

Biggest WINS this week:

What did you learn this week?

What grade would you give yourself this week? Why?

Notes:

AFTER ORANGE

AFTERORANGE.ORG

After Orange is a non-profit 501(c)3.

Our mission is to provide education, social services and harm reduction initiatives to people whose lives have been affected by the criminal justice system. Helping ex-offenders assimilate back into society and live their best lives.

This includes criminal justice initiatives and reform; Re-entry services, housing, rehabilitation services, education and helping ex-offenders assimilate back into society; public outreach, awareness, inclusion, transformation and community service.