

POWER BOOSTER



Name: _____

Date: _____

WEEK PREP

Goals I'm going to accomplish this week:

Hard things I'm going to do:

Adversity I expect:

What I'll say to myself about:

the goals:

the adversity:

my ability and willingness:

WEEK REFLECTIONS

Goals I accomplished this week:
(CONFIDENCE)

Hard things I did:
(STRENGTH)

Adversity I overcame:
(POWER)

How did I talk to myself:
(ENERGY)

Mistakes I corrected:
(WISDOM)