



# Monthly Practice Log

## Week

### I. My Top 3 Current Goals:

- 1
- 2
- 3

### II. My Top 3 Current Projects (supporting my goals):

- 1
- 2
- 3

### III. The Results I Intend to Produce this Week:

### IV. My Promised Actions this Week (in support of my goals and projects):

### V. Notes and Observations (weekly summary, obstacles, wins, challenges, etc.):

## Week

### I. My Top 3 Current Goals:

- 1
- 2
- 3

### II. My Top 3 Current Projects (supporting my goals):

- 1
- 2
- 3

### III. The Results I Intend to Produce this Week:

### IV. My Promised Actions this Week (in support of my goals and projects):

### V. Notes and Observations (weekly summary, obstacles, wins, challenges, etc.):



## Monthly Practice Log

### Week

#### I. My Top 3 Current Goals:

- 1
- 2
- 3

#### II. My Top 3 Current Projects (supporting my goals):

- 1
- 2
- 3

#### III. The Results I Intend to Produce this Week:

#### IV. My Promised Actions this Week (in support of my goals and projects):

#### V. Notes and Observations (weekly summary, obstacles, wins, challenges, etc.):

### Week

#### I. My Top 3 Current Goals:

- 1
- 2
- 3

#### II. My Top 3 Current Projects (supporting my goals):

- 1
- 2
- 3

#### III. The Results I Intend to Produce this Week:

#### IV. My Promised Actions this Week (in support of my goals and projects):

#### V. Notes and Observations (weekly summary, obstacles, wins, challenges, etc.):