FREE PRINTABLE WORKSHEET

Make room for what matters this week.

One page. Three pillars. One manageable next step.

Myself
Personal wellbeing and everyday life.

My Career
Work, learning and the next useful step.

My Ministry
Purpose, passions, creativity and community service.

Notice a priority in each pillar. Choose one realistic action.
Return to your sheet later in the week and choose an adjustment.

Use it in your own time. Keep your answers private.

Scan to get your free worksheet, or visit:

365-my-life.brainer.one/weekly-worksheet

No signup or payment. Download, print and plan by hand.

You may print and share this notice unchanged, free of charge.

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