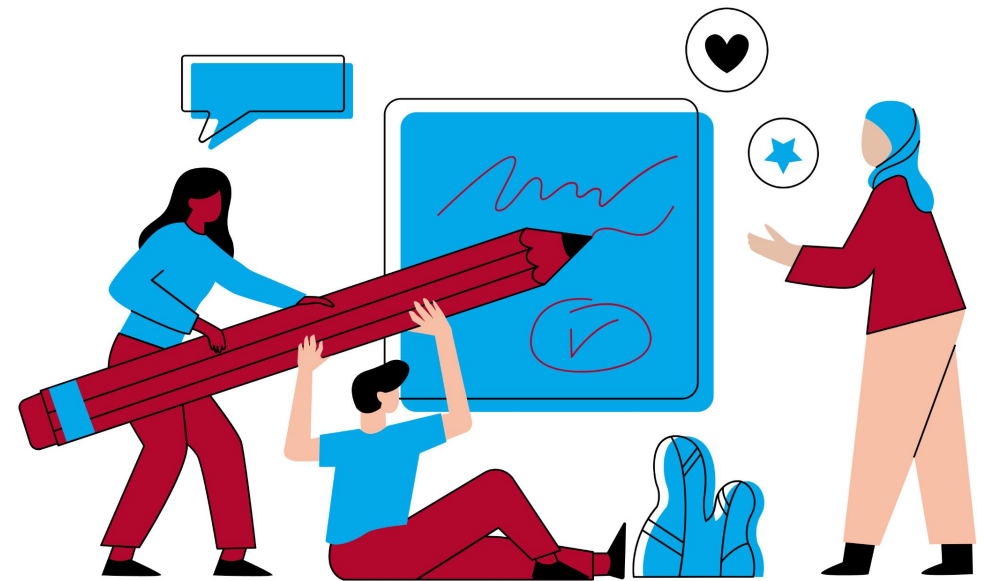




HIGH IMPACT PLANNER

Achieve your goals and make an impact!



CREATE REFLECTION TIME

The success of this plan comes down to you investing the time to reflect. Let's find that space! How will you make time to reflect and when will you do it? Be realistic. In the beginning, be sure to nail your morning reflection, that pays short term dividends. Long term change comes from the nightly reflection.

MORNING

WHEN

Time and Place

HOW

Is there something you need to do to enable it?

EVENING

WHEN

Time and Place

HOW

Is there something you need to do to enable it?

HOW TO

LIFE STRATEGY - THE BIG PICTURE

Your life strategy is about uncovering who you are. We only fill this out once, however you may want to revisit it. Capturing your thoughts here will unravel your inner most wants and needs.

LIFE STRATEGY

Who are you? It's too easy for us to progress through life without a clear north star in mind. This is all about you getting focus. Who are you and what do you want to achieve in life?

Note: You only need to fill this section out once. Take a photo of it once you've completed this planner and move to a new one. You can reference any time you need.

VISION OF SUCCESS	
What does your ultimate success look like? Is it financial freedom, is it helping people. Describe what your successful life looks like, not what you have done. Imagine a photo of a successful you. What are you doing? Where are you? Who's with you?	
YOUR PURPOSE & MISSION	
What kind of legacy do I want to leave behind? If you achieve only one thing great in life, what would that be?	
YOUR VALUES	
Our values are core beliefs which direct our focus and behaviour. What we see as important directs how we act. Reflection: What do I value? What values make me unique?	
1.	4.
2.	5.
3.	
STRENGTHS	WEAKNESSES

LIFE IMPACT PLAN

A successful and happy life has many elements to it. If we break down what your vision and mission are, what do you need to achieve in each part of your life to get there?

Capture these as outcomes, not activities. The purpose of this exercise is to get you thinking in terms of a result-focus. Then, the focus of the leadership program is to take the steps to make them happen.

YOUR BODY / PHYSICAL HEALTH	YOUR RELATIONSHIPS / FAMILY
YOUR BUSINESS / CAREER	YOUR MINDSET / SPIRITUALITY
YOUR FINANCES	TOYS / LIFE EXPERIENCES
CREATIVITY / SKILLS	OTHER:

The big picture will steer and guide your personal Objectives and Key Results for each 6 week cycle. My making progress on our goals on a 6 weekly basis, we will continuously be stepping towards our life's purpose.



SETTING YOUR 6 WEEK OKR

Once you've created your Life Strategy, it's time to make an impact. We do this within a 6 week cycle. This cycle is focused on creating a measurable impact.

Objective

Your objective is what you want to achieve over the next 6 weeks. It's not a measure, but an outcome. Ask yourself, what would a successful 6 weeks look like? Maybe you've mastered a new skill, lost weight or built a new business.

Key results

How will you measure your progress as you go? How will you know you've been successful at the end? Make it clear and measurable. Ideally, make it something which tells you you're heading down the right path before the fact. This is called a leading indicator. For example, If your objective is to be fit and healthy, then include a key result on limiting calorie intake and exercising daily. Make progress on those and you know you'll lose weight as the weeks pass.

Progress tracking

Each week, you'll return to this section and score:

+ Means you made progress on this Key Result

O Means you made no progress on this Key Result

- Means you lost progress on this Key Result.

Beyond our goals you will no doubt have a number of things you need to do and ideas as to how you'll achieve your personal OKR. Capture those on these pages.

When you're ready to go, pull the trigger with your ready to launch checklist!

FOCUS AREAS

MINDSET & HABITS

What mindsets and habits are you going to develop?

- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____

KEY ACTIVITIES

Aside from your OKR, what else is important over the next 6 weeks?

READY TO LAUNCH?

Pre-launch checklist

- ☐ My 6 week OKR will progress me to my long term vision
- ☐ My 6 week OKR is clear with measures I can track
- ☐ My mindset and habit changes will help me create maximum impact
- ☐ The key activities are important
- ☐ I will make a serious impact over the next 6 weeks!

NOTES

6 WEEK IMPACT OKR

Starting ____/____/____ and ending ____/____/____

OBJECTIVE

What is most important for you to achieve over the next 6 weeks?

KEY RESULTS

How will you measure your progress and success on this objective?

KR 1 _____

KR 2 _____

KR 3 _____

KR 4 _____

KR 5 _____

KEY RESULT PROGRESS TRACKER

KR 1	Week					
	1	2	3	4	5	6
Progress						

KR 2	Week					
	1	2	3	4	5	6
Progress						

KR 3	Week					
	1	2	3	4	5	6
Progress						

KR 4	Week					
	1	2	3	4	5	6
Progress						

KR 5	Week					
	1	2	3	4	5	6
Progress						

END OF OKR REFLECTION

At the end of the 6 week period, it's time to reflect on your OKR. Were you successful? Did you achieve everything that you had hoped?

Take your learnings and carry the forward to the next 6 weeks.

END OF 6 WEEK REFLECTION

How did you progress on your OKRs?

	Missed it	Achieved	Crushed it	Target metric	Actual metric
KR1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
KR2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
KR3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
KR4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
KR5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

How do you feel about the results above?

Reviewing your habit tracker, did you make progress on your habits and mindset?

- ☐ Incredibly positive impact
- ☐ Positive impact
- ☐ Not much of an impact
- ☐ No impact at all

Why did you give yourself this score?

Reviewing your weekly reflections, what were the 3 most profound learnings?

1. _____
2. _____
3. _____

Reviewing your weekly reflections, how would you sum up the past 6 weeks?

What will you do differently next time?

Have questions or feedback? Reach out to us at hello@okrquickstart.com and we'll get back to you promptly.

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CREATIVITY / SKILLS	OTHER:

6 WEEK IMPACT OKR

Starting ___/___/_____ and ending ___/___/_____

OBJECTIVE

What is most important for you to achieve over the next 6 weeks?

KEY RESULTS

How will you measure your progress and success on this objective?

KR 1

KR 2

KR 3

KR 4

KR 5

KEY RESULT PROGRESS TRACKER

KR 1						
WEEK	1	2	3	4	5	6
+						
○						
-						

KR 2						
WEEK	1	2	3	4	5	6
+						
○						
-						

KR 3						
WEEK	1	2	3	4	5	6
+						
○						
-						

KR 4						
WEEK	1	2	3	4	5	6
+						
○						
-						

KR 5						
WEEK	1	2	3	4	5	6
+						
○						
-						

FOCUS AREAS

MINDSET & HABITS

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- ☐ The key activities are important
- ☐ I will make a serious impact over the next 6 weeks!

NOTES

WEEKLY IMPACT PLAN

Top goals for this week

1. _____
2. _____
3. _____
4. _____
5. _____

Must remember tasks and events

_____	_____
_____	_____
_____	_____
_____	_____

Monday

Date: ____ / ____ / ____

“My success, part of it certainly, is that I have focused on a few things.”

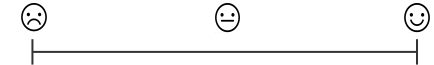
BILL GATES



How do you feel today?



Where do you want to end up?



I am grateful for:

1. _____
2. _____
3. _____

Daily check in:

- ☐ My 6 week OKR is front of mind
- ☐ I'll progress this week's goals
- ☐ Today I will make an impact!

Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

Tuesday

Date: ____ / ____ / ____

“Lack of direction, not lack of time, is the problem. We all have twenty-four hour days.”

ZIG ZIGLAR"



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

I am grateful for:

1. _____
2. _____
3. _____

Daily check in:

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- ☐ Today I will make an impact!

Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

Wednesday

Date: ____ / ____ / ____

“It is during our darkest moments that we must focus to see the light.”

ARISTOTLE ONASSIS"



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

I am grateful for:

1. _____
2. _____
3. _____

Daily check in:

- ☐ My 6 week OKR is front of mind
- ☐ I'll progress this week's goals
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Today's impact plan

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- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

“We are what we repeatedly do. Excellence, then, is not an act but a habit.”

WILL DURANT



How do you feel today?



Where do you want to end up?



I am grateful for:

1. _____
2. _____
3. _____

Daily check in:

- ☐ My 6 week OKR is front of mind
- ☐ I'll progress this week's goals
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Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

“The role of management is to change the system rather than badgering individuals to do better.”

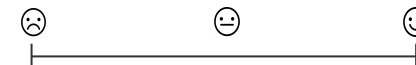
W. EDWARDS DEMING



How do you feel today?



Where do you want to end up?



I am grateful for:

1. _____
2. _____
3. _____

Daily check in:

- ☐ My 6 week OKR is front of mind
- ☐ I'll progress this week's goals
- ☐ Today I will make an impact!

Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

Saturday

Date: ____ / ____ / ____



What will make today great?



What was special about the day?

Sunday

Date: ____ / ____ / ____



What will make today great?



What was special about the day?

END OF WEEK REFLECTION

How did you progress on your 6 week OKR this week?

- ☐ Made significant progress
- ☐ Made some progress
- ☐ Made no progress

How did you progress on this week's goal?

- ☐ Achieved them all
- ☐ Achieved some
- ☐ Achieved none

What was most important to you this week?

What did you learn this week?

What is one thing you could have done differently to have a better week?

WEEKLY IMPACT PLAN

Top goals for this week

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Must remember tasks and events

_____	_____
_____	_____
_____	_____
_____	_____

Monday

Date: ____ / ____ / ____

“The successful warrior is the average man,
with laser-like focus.”

BRUCE LEE



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

I am grateful for:

- 1. _____
- 2. _____
- 3. _____

Daily check in:

- ☐ My 6 week OKR is front of mind
- ☐ I'll progress this week's goals
- ☐ Today I will make an impact!

Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

Tuesday

Date: ____ / ____ / ____

“Instead of focusing on that circumstances that you cannot change – focus strongly and powerfully on the circumstances that you can.”

JOY PAGE



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

I am grateful for:

1. _____
2. _____
3. _____

Daily check in:

- ☐ My 6 week OKR is front of mind
- ☐ I'll progress this week's goals
- ☐ Today I will make an impact!

Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

Wednesday

Date: ____ / ____ / ____

“It is wise to direct your anger towards problems – not people; to focus your energies on answers – not excuses.”

WILLIAM ARTHUR WARD"



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

I am grateful for:

1. _____
2. _____
3. _____

Daily check in:

- ☐ My 6 week OKR is front of mind
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Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

Thursday

Date: ____ / ____ / ____

“Don’t dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer.”

DENIS WAITLEY



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

I am grateful for:

1. _____
2. _____
3. _____

Daily check in:

- ☐ My 6 week OKR is front of mind
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- ☐ Today I will make an impact!

Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

Friday

Date: ____ / ____ / ____

“They say you die twice. One time when you stop breathing and a second time, a bit later on, when somebody says your name for the last time.”

BANKSY



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

I am grateful for:

1. _____
2. _____
3. _____

Daily check in:

- ☐ My 6 week OKR is front of mind
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Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

- #1. _____
- #2. _____
- #3. _____
- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

Saturday

Date: ____ / ____ / ____



What will make today great?



What was special about the day?

Sunday

Date: ____ / ____ / ____



What will make today great?



What was special about the day?

END OF WEEK REFLECTION

How did you progress on your 6 week OKR this week?

- ☐ Made significant progress
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How did you progress on this week's goal?

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- ☐ Achieved some
- ☐ Achieved none

What was most important to you this week?

What did you learn this week?

What is one thing you could have done differently to have a better week?

WEEKLY IMPACT PLAN

Top goals for this week

1. _____
2. _____
3. _____
4. _____
5. _____

Must remember tasks and events

_____	_____
_____	_____
_____	_____
_____	_____

Monday

Date: ____ / ____ / ____

“Most people have no idea of the giant capacity we can immediately command when we focus all of our resources on mastering a single area of our lives.”

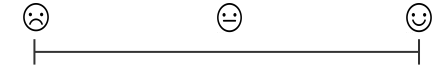
TONY ROBBINS



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What was important to me today?

How can I be 1% better tomorrow?

Tuesday

Date: ____ / ____ / ____

“Concentration can be cultivated. One can learn to exercise willpower, discipline one’s body and train one’s mind.”

ANIL AMBANI



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

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What was important to me today?

How can I be 1% better tomorrow?

Wednesday

Date: ____ / ____ / ____

“A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power.”

BRIAN TRACY



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

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How can I be 1% better tomorrow?

**“One look at an email can rob you
of 15 minutes of focus.”**

JACQUELINE LEO



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How can I be 1% better tomorrow?

**“You only have to do a very few things right in your life
so long as you don't do too many things wrong.”**

WARREN BUFFETT



How do you feel today?

☹️ _____ 😊

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Date: ____ / ____ / ____



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- 2. _____
- 3. _____
- 4. _____
- 5. _____

Must remember tasks and events

_____	_____
_____	_____
_____	_____
_____	_____

Monday

Date: ____ / ____ / ____

“When walking, walk. When eating, eat.”

ZEN PROVERB



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

I am grateful for:

- 1. _____
- 2. _____
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- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

Tuesday

Date: ____ / ____ / ____

“At any given time, some significant percentage of people are working on the wrong things. The challenge is knowing which ones.”

AARON WINSOR LEVIE



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

I am grateful for:

1. _____
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Daily check in:

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- #4. _____
- #5. _____



What was important to me today?

How can I be 1% better tomorrow?

Wednesday

Date: ____ / ____ / ____

“I do what I do, and I do it well, and focus and take it one moment at a time.”

JAMES CAVIEZEL



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

I am grateful for:

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How can I be 1% better tomorrow?

**“It is those who concentrate on but one thing
at a time who advance in this world.”**

OG MANDINO



How do you feel today?



Where do you want to end up?



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Daily check in:

- ☐ My 6 week OKR is front of mind
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- ☐ Today I will make an impact!

Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

#1. _____

#2. _____

#3. _____

#4. _____

#5. _____



What was important to me today?

How can I be 1% better tomorrow?

**“Success is not final; failure is not fatal:
It is the courage to continue that counts.”**

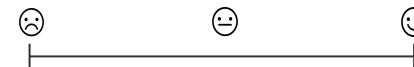
WINSTON S. CHURCHILL



How do you feel today?



Where do you want to end up?



I am grateful for:

1. _____
2. _____
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How can I be 1% better tomorrow?

Saturday

Date: ____ / ____ / ____



What will make today great?



What was special about the day?

Sunday

Date: ____ / ____ / ____



What will make today great?



What was special about the day?

END OF WEEK REFLECTION

How did you progress on your 6 week OKR this week?

- ☐ Made significant progress
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- ☐ Achieved them all
- ☐ Achieved some
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What was most important to you this week?

What did you learn this week?

What is one thing you could have done differently to have a better week?

WEEKLY IMPACT PLAN

Top goals for this week

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Must remember tasks and events

_____	_____
_____	_____
_____	_____
_____	_____

Monday

Date: ____ / ____ / ____

“I find that the harder I work, the more luck I seem to have.”

THOMAS JEFFERSON



How do you feel today?

☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

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How can I be 1% better tomorrow?

Tuesday

Date: ____ / ____ / ____

**“The only limit to our realization of tomorrow
will be our doubts of today.”**

FRANKLIN D. ROOSEVELT



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☹️ 😐 😊

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☹️ 😐 😊

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How can I be 1% better tomorrow?

Wednesday

Date: ____ / ____ / ____

**“Success seems to be connected with action. Successful
people keep moving. They make mistakes,
but they don't quit.”**

CONRAD HILTON



How do you feel today?

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“And why do we fall, Bruce? So we can learn to pick ourselves up.”

NOLAN'S BATMAN TRILOGY



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How can I be 1% better tomorrow?

“Many of life's failures are people who did not realize how close they were to success when they gave up.”

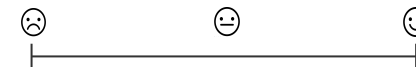
THOMAS EDISON



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What was special about the day?

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Date: ____ / ____ / ____



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Must remember tasks and events

_____	_____
_____	_____
_____	_____
_____	_____

Monday

Date: ____ / ____ / ____

“Everybody has a plan until they get punched in the mouth.”

MIKE TYSON



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☹️ _____ 😊

Where do you want to end up?

☹️ _____ 😊

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What was important to me today?

How can I be 1% better tomorrow?

Tuesday

Date: ____ / ____ / ____

“Whenever you want to achieve something, keep your eyes open, concentrate and make sure you know exactly what it is you want.”

PAULO COELHO



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☹️ _____ 😊

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Wednesday

Date: ____ / ____ / ____

“Focus and simplicity. You have to work hard to get your thinking clean to make it simple. Once you get there, you can move mountains.”

STEVE JOBS



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How can I be 1% better tomorrow?

Thursday

Date: ____ / ____ / ____

“Energy is the essence of life. Decide how you’re going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus.”

OPRAH WINFREY



How do you feel today?

☹️ 😐 😊

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☹️ 😐 😊

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What was important to me today?

How can I be 1% better tomorrow?

Friday

Date: ____ / ____ / ____

“The real test is not whether you avoid this failure, because you won't. It's whether you let it harden or shame you into inaction, or whether you learn from it.”

BARACK OBAMA



How do you feel today?

☹️ 😐 😊

Where do you want to end up?

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What was most important to you this week?

What did you learn this week?

What is one thing you could have done differently to have a better week?

END OF 6 WEEK REFLECTION

How did you progress on your OKRs?

	Missed it	Achieved	Crushed it	Target metric	Actual metric
KR1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
KR2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
KR3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
KR4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
KR5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

How do you feel about the results above?

Reviewing you habit tracker, did you make progress on your habits and mindset?

- ☐ Incredibly positive impact
- ☐ Positive impact
- ☐ Not much of an impact
- ☐ No impact at all

Why did you give yourself this score?

Reviewing your weekly reflections, what were the 3 most profound learnings?

1. _____
2. _____
3. _____

Reviewing your weekly reflections, how would you sum up the psat 6 weeks?

What will you do differently next time?
