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## LOOKING FORWARD: WEEKLY LOG

## One thing I want to do this week:

## If I need help I will:

How positive do I feel:

| Monday | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Tuesday | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Wednesday | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Thursday | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Friday | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

One thing I feel good about today:

Monday

Tuesday

Wednesday

Thursday

Friday

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| One thing I am worried about today: |  | What can I or did I do: |  |
| :--- | :--- | :--- | :--- |
| Monday |  | Monday |  |
| Tuesday |  | Tuesday |  |
| Wednesday |  | Wednesday |  |
| Thursday |  | Thursday |  |
| Friday |  | Friday |  |
| Saturday |  | Saturday |  |
| Sunday | Sunday |  |  |

