

MISSION MINDSET *My Weekly Review*



Sunday Weekly Review Date:	What I Weigh	How Much I Lost	Next Weeks Goal
① Highlight Memories from the previous week: ✓	② My Current Biggest Problems in Life Are: 🧐		
③ The Things I Love About My Life right now: <3	④ Ideas I have to improve my life, health & happiness 😊		
⑤ My Top Goals for Next Week: ✍️	⑥ My Affirmation for the week ahead: ⚙️		