

What do you want your state of mind to be at the end of the week? How will you get there?

What do you want to say yes to today?

How do you want to show up today? What will make this possible?

What do you need to say no to today?

What does this weekend hold? If it is work, when will you reclaim your time?

How will you celebrate all you did (or didn't do) this week?

How will you prepare your mind, body, and spirit to lead today?

morning

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

afternoon

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

evening

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How have you set yourself up well to approach your week?

Where did you see God at work in, around, and through you today?

What's your progress toward your hoped-for state of mind?

How have you grown as a person or pastor this week?

What do you need to let go of to rest and be present to loved ones?

What are three less obvious reasons for gratitude today?

Now that you've led others, what nourishment does your spirit need?

