



Systems Worksheet

Goal:

Why is this important?

Brainstorm systems/micro-habits that will achieve goal:

Pick at least 1 to implement:



Weekly Analysis

Weekly Check-In #1: What worked? What needs adjusted?

Weekly Check-In #2: What worked? What needs adjusted?

Weekly Check-In #3: What worked? What needs adjusted?

Weekly Check-In #4: What worked? What needs adjusted?



Monthly Analysis

Monthly Check-In #1: What worked? What needs adjusted?

Monthly Check-In #2: What worked? What needs adjusted?

Monthly Check-In #3: What worked? What needs adjusted?

Monthly Check-In #4: What worked? What needs adjusted?

Monthly Check-In #5: What worked? What needs adjusted?

Monthly Check-In #6: What worked? What needs adjusted?