

A BETTER PARADIGM

weekly planner

week of:

Intention:

How can you be more cognizant of what's happening with your team members inside and outside of work? (Ex: show more understanding, listen more, exude more patience)? Write 2-3 ways you can incorporate this intention this week.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

How can you be more cognizant of what's happening with your team members inside and outside of work? (Ex: show more understanding, listen more, exude more patience)? Write 2-3 ways you can incorporate this intention this week.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Awareness of your impact on others is key for fostering compassionate workplaces. Jot notes for how you can raise awareness of this throughout the week.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Awareness of your impact on others is key for fostering compassionate workplaces. Jot notes for how you can raise awareness of this throughout the week.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention: How will you be taking care of yourself this week? Write what you will do for self-care each day and how you will stick to your plan.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: How will you be taking care of yourself this week? Write what you will do for self-care each day and how you will stick to it.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Everyone is going through something. What can you do to foster support for your teammates, even if they haven't communicated a need (ex: ask them what they need to succeed, conduct regular check-ins)? Write 1-2 ideas for each day.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Everyone is going through something. What can you do to foster support for your teammates, even if they haven't communicated a need (ex: ask them what they need to succeed, conduct regular check-ins)? Write 1-2 ideas for each day.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

How will you incorporate breaks between activities (ex: before or after a meeting)? Write when and where you can do them and try to stick to the plan.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

How will you incorporate breaks between activities (ex: before or after a meeting)? Write when and where you can do them and try to stick to the plan.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Listening intently opens the doorway to understanding. Write different ways you can carefully listen to others based on your schedule this week.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Listening intently opens the doorway to understanding. Write different ways you can carefully listen to others based on your schedule this week.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: Focus on what brings you joy. Jot a few notes for each day on how you will keep your mind tuned to the positive influences in your life.

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: Focus on what brings you joy. Jot a few notes for each day on how you will keep your mind tuned to the positive influences in your life.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

How can you be more present in your workday and beyond? Write 2-3 strategies you can try each day (i.e., listening, conscious breathing, meditation, breaks, etc.).

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

How can you be more present in your workday and beyond? Write 2-3 strategies you can try each day (i.e., listening, conscious breathing, meditation, breaks, etc.).

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention: Bigger Picture Goals—what's your focus this week and how can you maintain and refresh your enthusiasm toward that goal?

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: Bigger Picture Goals—what's your focus this week and how can you maintain and refresh your enthusiasm toward that goal?

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Explore! Embracing other points of view keeps you attuned to others as well as yourself. Plan a few new experiences this week: a new food, a podcast by someone you don't agree with, a chat with someone you met recently. The sky's the limit!

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Explore! Embracing other points of view keeps you attuned to others as well as yourself. Plan a few new experiences this week: a new food, a podcast by someone you don't agree with, a chat with someone you met recently. The sky's the limit!

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

You deserve it! Enjoy at least one meal a day without distraction. Write down when and where you will have your special meal each day. Any inspiring thoughts bubble up?

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

You deserve it! Enjoy at least one meal a day without distraction. Write down when and where you will have your special meal each day. Any inspiring thoughts bubble up?

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

“Kind” is not the same as “nice.” Kindness requires direct—but considerate—communication. Note opportunities to practice directness this week (ex: give positive and honest critique).

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

“Kind” is not the same as “nice.” Kindness requires direct—but considerate—communication. Note opportunities to practice directness this week (ex: give positive and honest critique).

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: Is there someone you don't gel with at work? What could be making you feel this way? Is it mutual? Capture a few notes here for how you can begin to resolve the tension between the two of you...

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Is there someone you don't gel with at work? What could be making you feel this way? Is it mutual? Capture a few notes here for how you can begin to resolve the tension between the two of you...

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

How can you reorganize your physical surroundings to make your day more efficient? This week, try one new way to declutter, reorganize, or enhance your workspace each day.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

How can you reorganize your physical surroundings to make your day more efficient? This week, try one new way to declutter, reorganize, or enhance your workspace each day.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Find an inspirational quote for each day and envision how you will emulate it. Note the quotes and how you think you'll use them this week. [BrainyQuote](#) has some good ones.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Find an inspirational quote for each day and envision how you will emulate it. Note the quotes and how you think you'll use them this week. [BrainyQuote](#) has some good ones.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Teach yourself something every day this week. It doesn't have to be huge – just learn something different. What's on your short list of 5 new things for the workweek?

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Teach yourself something every day this week. It doesn't have to be huge – just learn something different. What's on your short list of 5 new things for the workweek?

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Burnout can sneak up on a person. Are your teammates in a good place? Here are some warning signs. If someone is at risk, what are some ways you can help them?

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Burnout can sneak up on a person. Are your teammates in a good place? Here are some warning signs. If someone is at risk, what are some ways you can help them?

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Communication is key to great workplaces. Capture some notes about your workplace communications and what you can do to up the game this week (ex: saying what you need with less words, practice active listening).

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Communication is key to great workplaces. Capture some notes about your workplace communications and what you can do to up the game this week (ex: saying what you need with less words, practice active listening).

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Innovation and discovery are keys to success in any department in any business. What can you do this week to spark ideation with your colleagues? (Ex: have team members participate in a team builder and then start brainstorming.)

Monday

Thursday

Tuesday

Friday

Wednesday

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Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Innovation and discovery are keys to success in any department in any business. What can you do this week to spark ideation with your colleagues? (Ex: have team members participate in a team builder and then start brainstorming.)

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

How do you handle anger in the workplace? Are you anticipating any stressful situations that might boil over? What can you do to channel anger for optimal results?

Monday

Thursday

Tuesday

Friday

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Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

How do you handle anger in the workplace? Are you anticipating any stressful situations that might boil over? What can you do to channel anger for optimal results?

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Are you onboarding new employees or interns soon? Have you thought about how to optimize the onboarding experience for them and your team? Think a bit and jot notes.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Are you onboarding new employees or interns soon? Have you thought about how to optimize the onboarding experience for them and your team? Think a bit and jot notes.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: How does your team celebrate wins? Do you have a few ideas for better ways to ensure the wins are recognized? (Ex: a shout-out whiteboard, time to celebrate wins on team meetings.) Jot them down and see which ones you want to keep.

Monday	Thursday	
Tuesday	Friday	
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A BETTER PARADIGM

weekly planner

week of:

Intention:

How does your team celebrate wins? Do you have a few ideas for better ways to ensure the wins are recognized? (Ex: a shout-out whiteboard, time to celebrate wins on team meetings.) Jot them down and see which ones you want to keep.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention:

Does your company have social responsibility initiatives in place or planned? How is the team rallying around them and what can you do to help make the wins even stronger?

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Does your company have social responsibility initiatives in place or planned? How is the team rallying around them and what can you do to help make the wins even stronger?

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: What's the scoop? Deets? Tea? Is office gossip getting out of hand? How can you help bring it back around to positive info sharing that boosts rather than drags down the team?

Monday	Thursday	
Tuesday	Friday	
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A BETTER PARADIGM

weekly planner

week of:

Intention:

What's the scoop? Deets? Tea? Is office gossip getting out of hand? How can you help bring it back around to positive info sharing that boosts rather than drags down the team?

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Immersing yourself in nature can be similar to hitting a reset button. How can you incorporate nature into your week? (Ex: take an outside walk each day, enjoy a coffee/tea/beverage outside.)

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Immersing yourself in nature can be similar to hitting a reset button. How can you incorporate nature into your week? (Ex: take an outside walk each day, enjoy a coffee/tea/beverage outside.)

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Our brain is programmed to recognize patterns, but the assumptions they lead to are not always correct. Notice what thought patterns/habits you have, and write ways to keep yourself from falling into them.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Our brain is programmed to recognize patterns, but the assumptions they lead to are not always correct. Notice what thought patterns/habits you have, and write ways to keep yourself from falling into them.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: What are your most frustrating parts of each week? Write down ways to make those frustrations easier to manage.

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: What are your most frustrating parts of each week? Write down ways to make those frustrations easier to manage.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention:

What's one soft skill you wish you were better at (i.e., presentation skills, strategic thinking, mediation)? Make a plan this week to practice that skill at least 4 times.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

What's one soft skill you wish you were better at (i.e., presentation skills, strategic thinking, mediation)? Make a plan this week to practice that skill at least 4 times.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

What's one job/position at your company that you are unfamiliar with? Plan a touch-base or lunch with the person in that role to learn more about what they do.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

What's one job/position at your company that you are unfamiliar with? Plan a touch-base or lunch with the person in that role to learn more about what they do.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Multi-tasking is not always the best way to do things. Set specific times this week to reserve for doing a single, important task – put it in your calendar to ensure doing it.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Multi-tasking is not always the best way to do things. Set specific times this week to reserve for doing a single, important task – put it in your calendar to ensure doing it.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

You need sleep to function efficiently. Write a plan for getting to bed on time each day. Try different methods and routines to see what works best!

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: You need sleep to function efficiently. Write a plan for getting to bed on time each day. Try different methods and routines to see what works best!

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Use your commute (if you're remote, set aside time) to unwind. Use this time to be quiet and reflect on the day. Write how you will stay dedicated to this goal each day.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Use your commute (if you're remote, set aside time) to unwind. Use this time to be quiet and reflect on the day. Write how you will stay dedicated to this goal each day.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: How can you be more transparent with yourself and others? Write down ways you can communicate more clearly. (Ex: asking for help before you are overloaded, going to sleep earlier when you're tired, asking if someone else needs help.)

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

How can you be more transparent with yourself and others? Write down ways you can communicate more clearly. (Ex: asking for help before you are overloaded, going to sleep earlier when you're tired, asking if someone else needs help.)

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention: How can you balance being kind and being honest while giving feedback? Capture a few notes based on what may arise this week.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: How can you balance being kind and being honest while giving feedback? Capture a few notes based on what may arise this week.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention:

Change is constant – we know that. How can you practice responding to change with a clear head? Write down specific examples for each day. (Ex: take deep breaths, go outside, or spend time with a loved one/pet to clear your head.)

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Change is constant – we know that. How can you practice responding to change with a clear head? Write down specific examples for each day. (Ex: take deep breaths, go outside, or spend time with a loved one/pet to clear your head.)

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Find ways to reframe setbacks or uncomfortable situations as opportunities to grow. Plan ahead how you tend to respond to a few interactions that may occur this week and strategize how to reframe them if they happen.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Find ways to reframe setbacks or uncomfortable situations as opportunities to grow. Plan ahead how you tend to respond to a few interactions that may occur this week and strategize how to reframe them if they happen.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention: Patience is a hard-earned quality in our fast-paced world. Write ways you can be more open to things that may test your patience.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: Patience is a hard-earned quality in our fast-paced world. Write ways you can be more open to things that may test your patience.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

What limiting thought or belief do you hold that keeps you from becoming the person you want to be? This week, find a way to challenge it each day.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

What limiting thought or belief do you hold that keeps you from becoming the person you want to be? This week, find a way to challenge it each day.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: Letting go is essential to growth. Write a plan for this week to help yourself let go of something that no longer serves you.

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: Letting go is essential to growth. Write a plan for this week to help yourself let go of something that no longer serves you.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: How can you bring better work/life balance to your life? Write specific ways to do this throughout the week.

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: How can you bring better work/life balance to your life? Write specific ways to do this throughout the week.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Write an affirmation each day reminding yourself of your worthiness. This week, remind yourself of your daily affirmation as your workday begins and as you're wrapping up for the day.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Write an affirmation each day reminding yourself of your worthiness. This week, remind yourself of your daily affirmation as your workday begins and as you're wrapping up for the day.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: Are you judging others about a behavior you yourself exhibit? Often we recognize it in others before we see it in ourselves. Self awareness is the first step to more compassion for yourself and others. Note what's bugging you and then explore.

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Are you judging others about a behavior you yourself exhibit? Often we recognize it in others before we see it in ourselves. Self awareness is the first step to more compassion for yourself and others. Note what's bugging you and then explore.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Set aside time each day to go outside for 15 minutes or more each day this week. If going outside is not feasible, try looking out a window. At the end of the week, see how that felt for you.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Set aside time each day to go outside for 15 minutes or more each day this week. If going outside is not feasible, try looking out a window. At the end of the week, see how that felt for you.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention: Each day, plan to do one kind thing for **someone else** that you don't normally do. Pay attention to how they respond and how you feel.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: Each day, plan to do one kind thing for **someone else** that you don't normally do. Pay attention to how they respond and how you feel.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: Each day, plan to do one kind thing for **yourself** that you don't normally do. Note how you feel when you focus on yourself this way.

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: Each day, plan to do one kind thing for **yourself** that you don't normally do. Note how you feel when you focus on yourself this way.

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention: Give a compliment to yourself after each day of work. Write them down here to further validate your accomplishments.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: Give a compliment to yourself after each day of work. Write them down here to further validate your accomplishments.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: What consistently brings you joy in your life? Write how you can seek out those joys this week.

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: What consistently brings you joy in your life? Write how you can seek out those joys this week.

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: What's your superpower at work? How can you use it to help others and yourself this week?

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: What's your superpower at work? How can you use it to help others and yourself this week?

How did it go?

A BETTER PARADIGM

weekly planner

week of: _____

Intention: Write at least one thing you are looking forward to each day. If there isn't anything, get in gratitude mode and think again!

Monday	Thursday	
Tuesday	Friday	
Wednesday	Saturday	Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: Write at least one thing you are looking forward to each day. If there isn't anything, get in gratitude mode and think again!

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention:

Be on a proactive kindness mission this week. Write ways you can support this goal. (Ex: "Do something considerate for someone each day." "Give yourself 15 minutes after work each day to unwind.")

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention:

Be on a proactive kindness mission this week. Write ways you can support this goal. (Ex: "Do something considerate for someone each day." "Give yourself 15 minutes after work each day to unwind.")

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention: What are some of your personal values you see in others (i.e., honesty, generosity)? How can you portray some of those values each day?

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: What are some of your personal values you see in others (i.e., honesty, generosity)? How can you portray some of those values each day?

How did it go?

A BETTER PARADIGM

weekly planner

week of:

Intention: At the end of each day, reflect on how exercises like these have empowered your workplace mindfulness/kindness.

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

A BETTER PARADIGM

weekly planner

week of:

Intention: At the end of each day, reflect on how exercises like these have empowered your workplace mindfulness/kindness.

How did it go?