

# MY WEEK IN REVIEW

Tracie Daly Food Business Coach

BUSINESS NAME:

NAME:

TITLE:

DATE:

## TOP ACHIEVMENTS FROM THIS WEEK AND HOW I MADE IT HAPPEN

Achievements

What i did to make it happen

## WHAT HURDLES DID I COME ACROSS

# YOUR WEEK IN REVIEW

Tracie Daly Food Business Coach



DATE:

**WHAT CAN I DO DIFFERENTLY NEXT TIME**

**WHO DID I TRUST AND ASK FOR HELP (PAID OR UNPAID)**

**DID I DO ENOUGH TO HELP MYSELF THIS WEEK?**

# THE WEEK AHEAD

Tracie Daly Food Business Coach

BUSINESS NAME:

NAME:

TITLE:

DATE:

**WHAT ARE MY GOALS AND TASKS FOR THE WEEK AHEAD?**

**WHAT WILL I DO TO ENSURE I MAKE PROGRESS?**

**ON A SCALE OF 1-10 WHERE AM I IN RELATION TO  
ACHIEVING MY GOAL?**

**WHO IS MY INSPIRATION & WHO CAN I MODEL MYSELF  
ON AND WHY?**

# THE WEEK AHEAD

Tracie Daly Food Business Coach



DATE:

**IS FAILING AN OPTION AND WHY?**

**WHERE DO I SEE MYSELF IN 5 YEARS?**

**WHERE DO I SEE MYSELF IN TEN YEARS?**

**WHAT IS MY WHY?  
WHY IS THIS GOAL/ PROJECT SO IMPORTANT TO ME?**