

# THE WEEKLY FLOW PLANNER

One page. One week. Check in, reset, and level up your flow.

Week of: \_\_\_\_\_

## ■ DAILY MOOD CHECK-IN

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="radio"/> Calm	<input type="radio"/> Calm	<input type="radio"/> Calm	<input type="radio"/> Calm	<input type="radio"/> Calm	<input type="radio"/> Calm	<input type="radio"/> Calm
<input type="radio"/> Happy	<input type="radio"/> Happy	<input type="radio"/> Happy	<input type="radio"/> Happy	<input type="radio"/> Happy	<input type="radio"/> Happy	<input type="radio"/> Happy
<input type="radio"/> Tired	<input type="radio"/> Tired	<input type="radio"/> Tired	<input type="radio"/> Tired	<input type="radio"/> Tired	<input type="radio"/> Tired	<input type="radio"/> Tired
<input type="radio"/> Stressed	<input type="radio"/> Stressed	<input type="radio"/> Stressed	<input type="radio"/> Stressed	<input type="radio"/> Stressed	<input type="radio"/> Stressed	<input type="radio"/> Stressed
<input type="radio"/> Focused	<input type="radio"/> Focused	<input type="radio"/> Focused	<input type="radio"/> Focused	<input type="radio"/> Focused	<input type="radio"/> Focused	<input type="radio"/> Focused

## ■ ONE WIN

Something I handled well this week:

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## ■ ONE RESET

Something I want to do differently next week:

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## ■ ONE GOAL

**My focus for the week ahead:**

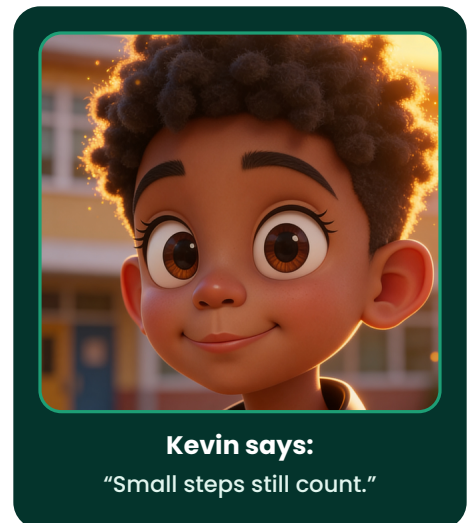
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**3 small steps to get there:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Feel the Beat  Learn the Lesson

[letsflowandgrow.net](https://letsflowandgrow.net) | Explore the full workbook library

Free printable from Let's Flow & Grow. Print one every week, for ages 11 to 14 (grades 6-8).