

TMG

THE MORNING GOALS

WEEKLY WORKBOOK

My Week, My Way.

A Sunday plan and a daily journal that turn your big ideas into a week of small wins.

INSIDE

- 1 **How to use this workbook** 2 min read
- 2 **My Week Guide** Sunday · 10 min
- 3 **Daily Journal** Monday to Sunday · 5 min a day
- 4 **Print and repeat** Next Sunday

NAME _____

WEEK OF _____

WEEKLY WORKBOOK

How to use this workbook

2 MIN READ

Think of the **Week Guide** as your destination and the **Daily Journal** as the steps that get you there. Plan once on Sunday, then spend about five minutes a day.

YOUR WEEK AT A GLANCE

SUNDAY
Week Guide
10 min

MON
Journal
5 min

TUE
Journal
5 min

WED
Journal
5 min

THU
Journal
5 min

FRI
Journal
5 min

SAT
Journal
5 min

SUN
Journal
5 min

1

SUNDAY · 10 MIN

My Week Guide

Your destination for the week. Fill it in on Sunday, then keep it where you'll see it every day.

1. Wake-up time

Pick one time for weekdays and one for the weekend.

2. Morning routine

Choose three things you'll do every morning. Tick a box each day you do them.

3. Three goals

Your focus for the week. Keep them small enough to finish by Sunday.

4. Self-care

One thing just for you. Write when you'll do it.

2

EVERY DAY · 5 MIN

Daily Journal

Your steps toward it. Write the date at the top, then fill it in as your day goes.

Health habits

Circle a  for each glass of water, write how long you slept, and check each habit you did.

Morning

Write your wake-up time, tick your routine, and pick one focus that moves a weekly goal forward.

Work day

Put your must-do first. Add minutes to each task and check them off as you go.

Evening

Write one small win. Then decide tomorrow's first task, and set screens-off and bedtime.

Keep it visible

Leave this workbook open on your desk or by your bed.

Missed a day?

No catching up. Just start fresh on today's page.

Bring it to coaching

Your pages show what's working and what to adjust.

• **Small wins, on purpose.**

THEMORNINGGOALS.COM

CLIENT WORKSHEET · WEEKLY

My Week Guide

4 STEPS · 10 MIN

Fill this in
on Sunday

Set up your mornings and your week in one sitting.

1 STEP 1 OF 4 · 1 MIN What time am I waking up this week?

 Weekdays _____ am

 Weekend _____ am

2 STEP 2 OF 4 · 3 MIN My morning routine: three things I do every morning

ROUTINE · CHECK OFF EACH DAY		M	T	W	T	F	S	S
1	_____	☐	☐	☐	☐	☐	☐	☐
2	_____	☐	☐	☐	☐	☐	☐	☐
3	_____	☐	☐	☐	☐	☐	☐	☐

3 STEP 3 OF 4 · 4 MIN My three goals for the week

THIS WEEK'S FOCUS

☐ Goal 1 _____

☐ Goal 2 _____

☐ Goal 3 _____

4 STEP 4 OF 4 · 2 MIN One self-care thing I'll do for me this week

When _____

☐ Done!

DAILY JOURNAL

3 PARTS · 5 MIN

Monday

Date _____

Today's health habits

CHECK OFF WHAT YOU DID

Water



Circle each glass



Slept _____ hrs



Fruit or veggies

☐


Move 20 min

☐


Time outside

☐


Stretch or breathe

☐


Screen break

☐


PART 1 · MORNING

Start my day

I woke up at _____

My morning routine

☐
☐
☐

My one focus today



PART 2 · WORK DAY

My tasks today

DONE	TASK	TIME
☐	MUST-DO _____	min
☐	_____	min
☐	_____	min
☐	_____	min
☐	_____	min



PART 3 · EVENING

Wind down

One small win today

Tomorrow's first task

Screens off at _____

Bedtime _____

DAILY JOURNAL

3 PARTS · 5 MIN

Tuesday

Date _____

Today's health habits

CHECK OFF WHAT YOU DID

Water



Circle each glass



Slept _____ hrs



Fruit or veggies

☐


Move 20 min

☐


Time outside

☐


Stretch or breathe

☐


Screen break

☐


PART 1 · MORNING

Start my day

I woke up at _____

My morning routine

☐
☐
☐

My one focus today



PART 2 · WORK DAY

My tasks today

DONE	TASK	TIME
☐	MUST-DO _____	min
☐	_____	min
☐	_____	min
☐	_____	min
☐	_____	min



PART 3 · EVENING

Wind down

One small win today

Tomorrow's first task

Screens off at _____

Bedtime _____

DAILY JOURNAL

3 PARTS · 5 MIN

Wednesday

Date _____

Today's health habits

CHECK OFF WHAT YOU DID

Water



Circle each glass



Slept _____ hrs



Fruit or veggies

☐


Move 20 min

☐


Time outside

☐


Stretch or breathe

☐


Screen break

☐


PART 1 · MORNING

Start my day

I woke up at _____

My morning routine

☐
☐
☐

My one focus today



PART 2 · WORK DAY

My tasks today

DONE	TASK	TIME
☐	MUST-DO _____	min
☐	_____	min
☐	_____	min
☐	_____	min
☐	_____	min



PART 3 · EVENING

Wind down

One small win today

Tomorrow's first task

Screens off at _____

Bedtime _____

DAILY JOURNAL

3 PARTS · 5 MIN

Thursday

Date _____

Today's health habits

CHECK OFF WHAT YOU DID

Water



Circle each glass



Slept _____ hrs



Fruit or veggies

☐


Move 20 min

☐


Time outside

☐


Stretch or breathe

☐


Screen break

☐


PART 1 · MORNING

Start my day

I woke up at _____

My morning routine

☐
☐
☐

My one focus today



PART 2 · WORK DAY

My tasks today

DONE	TASK	TIME
☐	MUST-DO _____	min
☐	_____	min
☐	_____	min
☐	_____	min
☐	_____	min



PART 3 · EVENING

Wind down

One small win today

Tomorrow's first task

Screens off at _____

Bedtime _____

DAILY JOURNAL

3 PARTS · 5 MIN

Friday

Date _____

Today's health habits

CHECK OFF WHAT YOU DID

Water



Circle each glass



Slept

hrs



Fruit or veggies

☐


Move 20 min

☐


Time outside

☐


Stretch or
breathe

☐


Screen break

☐


PART 1 · MORNING

Start my day

I woke up at _____

My morning routine

☐
☐
☐

My one focus today



PART 2 · WORK DAY

My tasks today

DONE	TASK	TIME
☐	MUST-DO _____	min
☐	_____	min
☐	_____	min
☐	_____	min
☐	_____	min



PART 3 · EVENING

Wind down

One small win today

Tomorrow's first task

Screens off at

Bedtime

DAILY JOURNAL

3 PARTS · 5 MIN

Saturday

Date _____

Today's health habits

CHECK OFF WHAT YOU DID

Water



Circle each glass



Slept _____ hrs



Fruit or veggies

☐


Move 20 min

☐


Time outside

☐


Stretch or breathe

☐


Screen break

☐


PART 1 · MORNING

Start my day

I woke up at _____

My morning routine

☐
☐
☐

My one focus today



PART 2 · WORK DAY

My tasks today

DONE	TASK	TIME
☐	MUST-DO _____	min
☐	_____	min
☐	_____	min
☐	_____	min
☐	_____	min



PART 3 · EVENING

Wind down

One small win today

Tomorrow's first task

Screens off at _____

Bedtime _____

DAILY JOURNAL

3 PARTS · 5 MIN

Sunday

Date _____

Today's health habits

CHECK OFF WHAT YOU DID

Water



Circle each glass



Slept _____ hrs



Fruit or veggies

☐


Move 20 min

☐


Time outside

☐


Stretch or breathe

☐


Screen break

☐


PART 1 · MORNING

Start my day

I woke up at _____

My morning routine

☐
☐
☐

My one focus today



PART 2 · WORK DAY

My tasks today

DONE

TASK

TIME

☐

MUST-DO

min

☐

min

☐

min

☐

min

☐

min



PART 3 · EVENING

Wind down

One small win today

Tomorrow's first task

Screens off at

Bedtime

Print and repeat.

Structure works best when it's the same every week. Each Sunday, start a fresh copy.

1

Look back

Read last week's small wins. Notice what worked.

2

Print a fresh copy

One Week Guide and seven journal pages.

3

Plan on Sunday

Fill in your new Week Guide and start again on Monday.

WANT SOMEONE IN YOUR CORNER?

Hire a coach.

A TMG coach helps you set goals that fit the way you think, checks in every week, and keeps the momentum going.

LIFE COACHING

CAREER COACHING

TEEN COACHING

CONTACT US

Book a free discovery session
themorninggoals.com

 (339) 707-0040