THE 1-3-5 RULE · WEEKLY PLANNER

Week of _____

This week's one big goal _____

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend / next week
1 BIG	1 BIG	1 BIG	1 BIG	1 BIG	
☐	☐	☐	☐	☐	
3 MEDIUM	3 MEDIUM	3 MEDIUM	3 MEDIUM	3 MEDIUM	
☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	
5 SMALL	5 SMALL	5 SMALL	5 SMALL	5 SMALL	
☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	

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