

Your Personal Dashboard is your one-page weekly check-in. Use it every Sunday evening or Monday morning. Five minutes, not fifty. Consistency beats perfection.

Week of: _____ Week #: ____/52

1 — Weekly Vitals

Area	Score (circle one)
Overall life satisfaction	1 2 3 4 5 6 7 8 9 10
Energy level this week	1 2 3 4 5 6 7 8 9 10
Sleep quality	1 2 3 4 5 6 7 8 9 10
Focus & productivity	1 2 3 4 5 6 7 8 9 10
Mood / emotional state	1 2 3 4 5 6 7 8 9 10

2 — This Week's 3 Wins (however small)

1.

2.

3.

3 — Next Week's Top 3 Priorities

1.

2.

3.

4 — Values Alignment Check

For each of your top 3 core values, rate how well you lived it this week (1–5):

Value 1: _____ Score: 1 2 3 4 5 Notes: _____

Value 2: _____ Score: 1 2 3 4 5 Notes: _____

Value 3: _____ Score: 1 2 3 4 5 Notes: _____

5 — One Thing to Let Go of This Week
