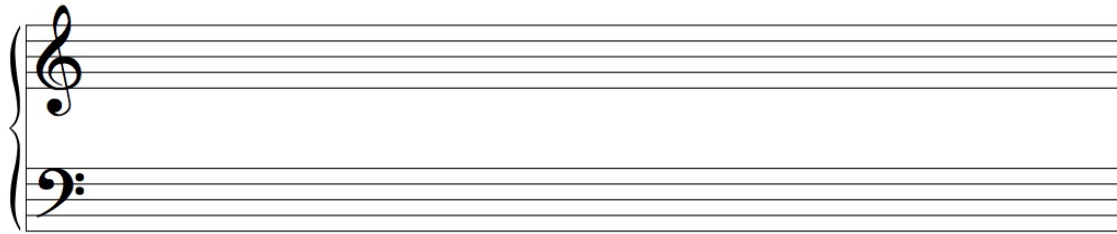


Week \_\_\_\_\_ Dates: \_\_\_\_\_

My personal focus this week (which module, tool, concept and/or goal):

My Questions for the Chat:

Notes on this Week's Live Chat Warm-up/Improv/Meditation



This week's essential concepts & takeaways

Where am I feeling stuck?

Where did I have a break-through or move the needle?

[The Practice Tracker has been moved [here](#)]