

# What I want this week

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3 things I want to achieve this week...

One

Two

Three

The 1 thing I want to do most this week (from the list above)

Most Wanted

3 actions I want to do to complete this one 'most wanted' thing

One

Two

Three

Something I consider a reward is...

Reward

Something I consider a non-reward is... (A chore or activity)

Non Reward