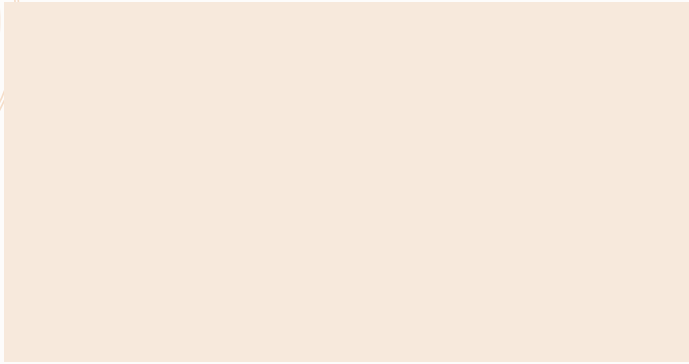


Weekly Watch

Week of: _____

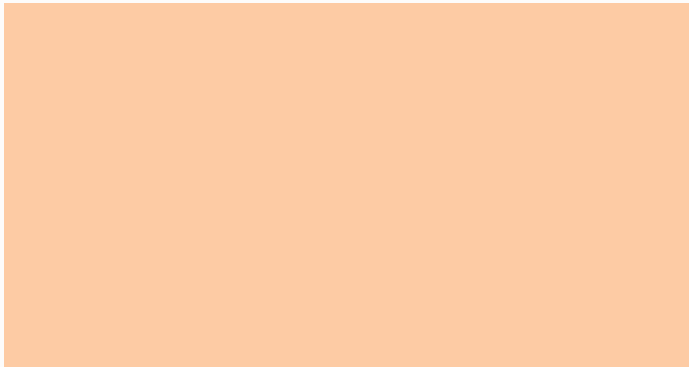
Monday



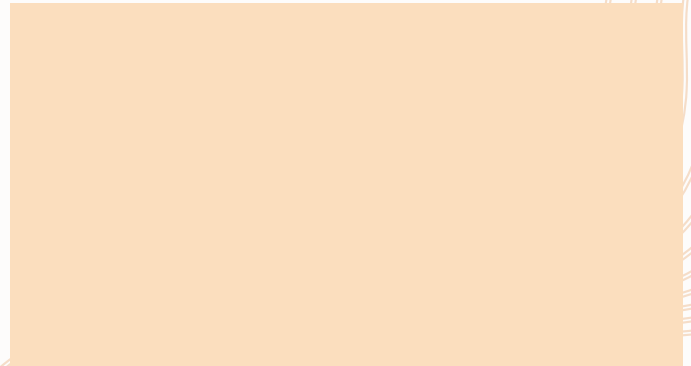
Tuesday



Wednesday



Thursday



Friday



McDonald's logo: A Big Mac doesn't cost \$3.99, it costs your health.

Netflix logo: Netflix doesn't cost \$17.99, it costs your time.

Social media logos (Twitter, Instagram, LinkedIn, Facebook): Social media isn't free, it costs your focus.

Lesson: There is always a hidden cost.

Mindset Monday: What will your weekly affirmation be?

Target Tuesday: What are you working towards / focusing on this week?

Wishing Wednesday: What is something you wish went different this week?

Thankful Thursday: What is something you are thankful for this week?

Forget it Friday: What is something you need to let go from the week?