

Weekly Reframing Planner

DATE:



PREDICTED BARRIERS

REFRAME

MONDAYS	MONDAY
TUESDAY	TUESDAY
WEDNESDAY	WEDNESDAY
THURSDAY	THURSDAY
FRIDAY	FRIDAY
SATURDAY	SATURDAY
SUNDAY	SUNDAY



DATE: _____

**TOP 3 PREDICTABLE BARRIERS
THIS WEEK**

-
-
-

**WHAT WOULD YOU DO DIFFERENTLY
NEXT WEEK?**

WHAT'S NON-NEGOTIABLE THIS WEEK?

.....

.....

.....

WHAT BARRIERS SHOWED UP MOST OFTEN?

WHAT WORKED WELL WHEN YOU HANDLED THEM?

HOW DO YOU FEEL?
