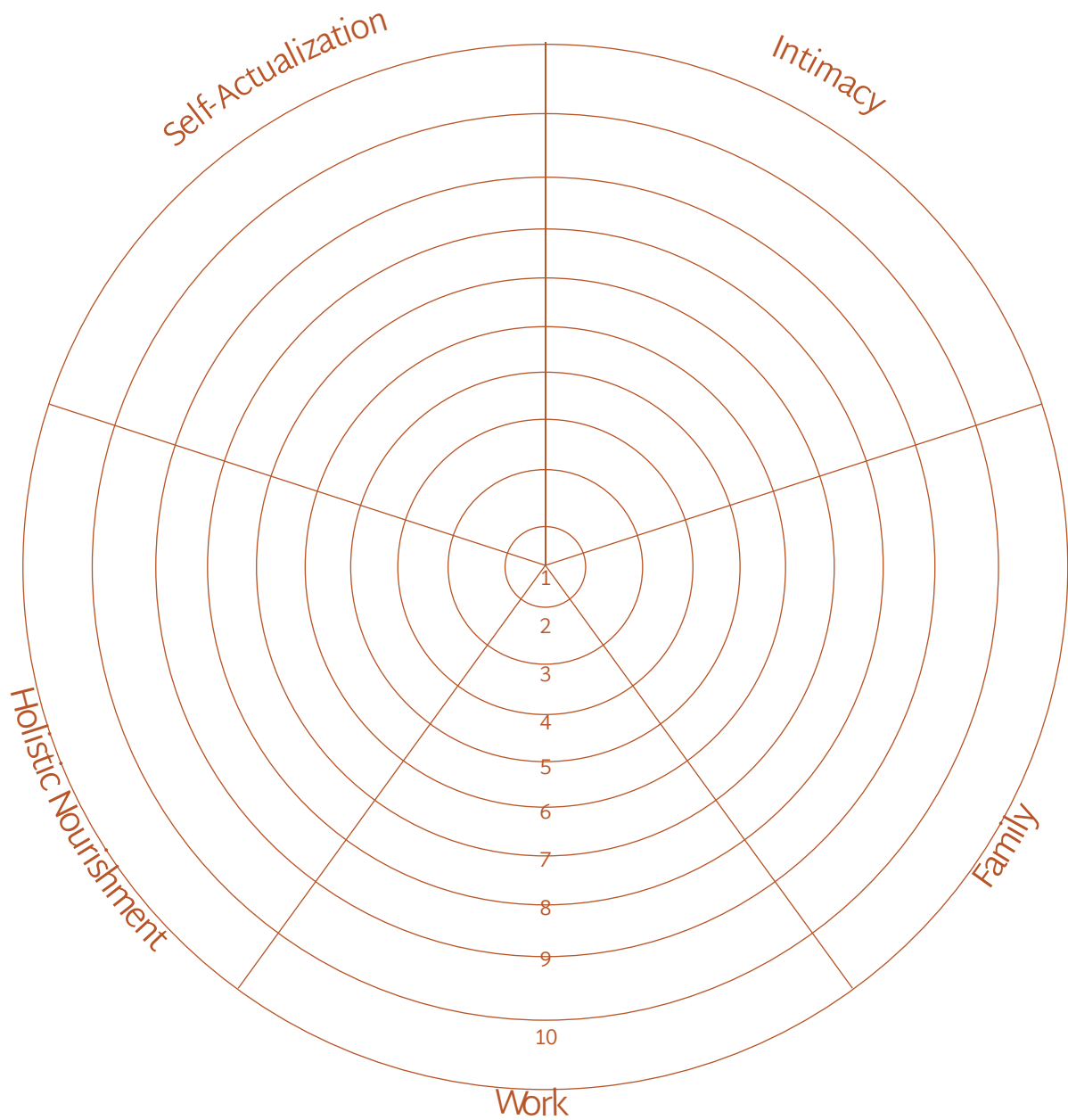


FAT GIRL FLOW



Weekly Planner



INSTRUCTIONS

1 - Review the 5 categories in the wheel of life. The categories are a view of what a balanced life looks to you. 2 - Color in the number of lines of satisfaction that you have for each area. Color from the middle. 1 - being unsatisfied/feeling ineffective and 10 - being satisfied and feeling super effective

What's one instance where you aligned your values with your actions this week?

What's one way you plan to align your actions with your values next week? Be specific - think of your current self's answer as your future self's personal accountability buddy.
