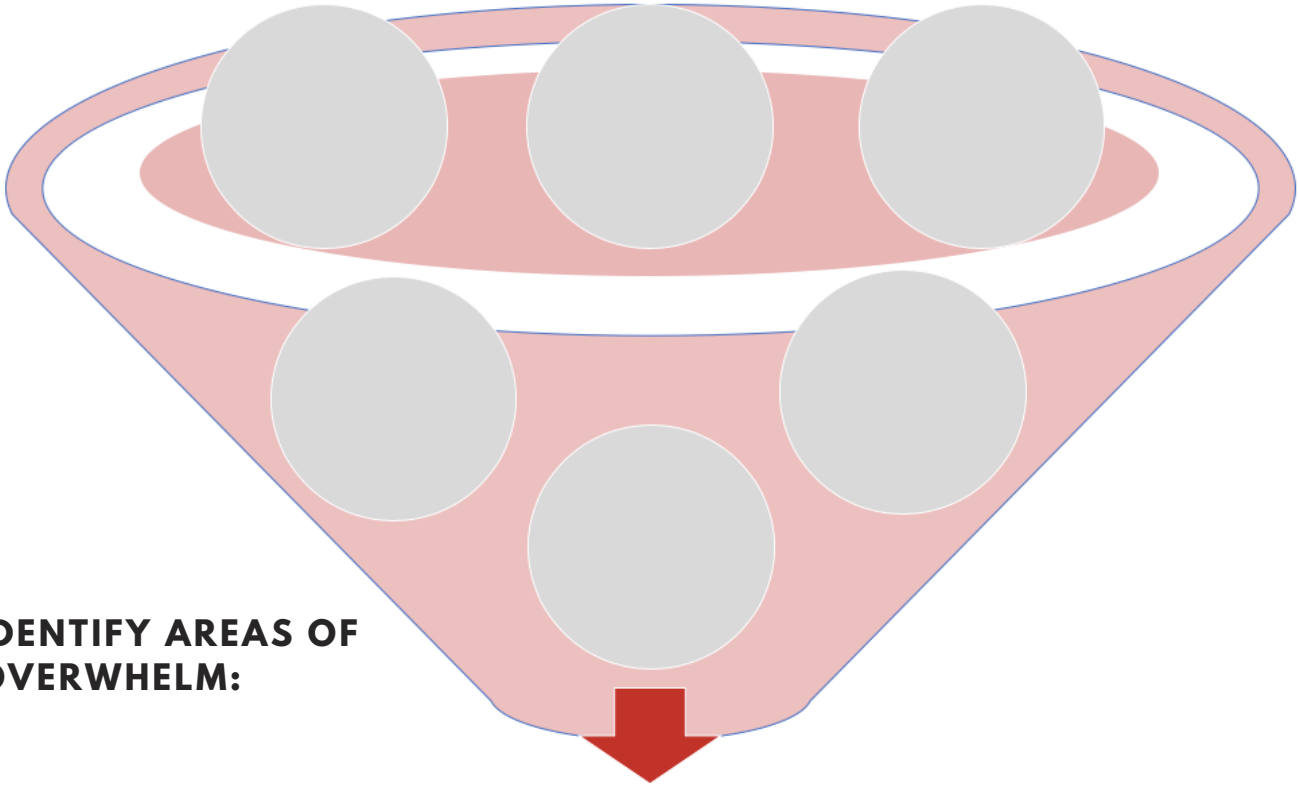


FOCUSED AND PRODUCTIVE PLAN

ISABEL VALLE



IDENTIFY AREAS OF OVERWHELM:

PRIORITIZE TOP 3:

PRIORITY #1 - ACTION PLAN:

PRIORITY #2 - ACTION PLAN:

PRIORITY #3 - ACTION PLAN:

**WEEKLY REVIEW: WHAT WORKED? WHAT DIDN'T? WHAT DO I NEED TO CHANGE?
WHAT DO I ACKNOWLEDGE MYSELF FOR? HOW DO I CELEBRATE?**