

WEEKLY Planner

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Week of: _____

Main Goals



Calls & Emails

This image shows a completely blank white page. It is surrounded by a thin, dark teal border that frames the entire area. There are no markings, text, or illustrations on the page itself.

Reminders

Monday

Tuesday

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Wednesday

The following information was obtained from the review of the literature:

- (1) The first two studies were conducted by researchers who had no prior knowledge of the results of the other study.
- (2) Both studies used a random sample of the population.
- (3) Both studies used a validated measure of self-esteem.
- (4) Both studies used a validated measure of social support.
- (5) Both studies used a validated measure of life satisfaction.

Thursday

Friday

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Saturday

[illegible]

Sunday

[illegible]