

Week 1	December 31,2017	Take 1 – Beginnings
Week 2	January 7	Breath
Week 3	January 14	Building my Roadmap.
Week 4	January 21	Research-Based Decision Making.
Week 5	January 28	Project Management 101.
Week 6	February 4	Nourishment is Key.
Week 7	February 11	Self-Love.
Week 8	February 18	Self-Care.
Week 9	February	Self-Worth.
Week 10	March 4	Know Thyself.
Week 11	March 11	I Am.
Week 12	March 18	I Can.
Week 13	March 25	Take 2 – What Isn't Working?
Week 14	April 1	Disengage with Toxicity.
Week 15	April 8	Social Support.
Week 16	April 15	Apply the Heuristic Method to Goals.
Week 17	April 22	How do I Contribute to my Setbacks?
Week 18	April 29	What are my Values/Ethics?
Week 19	May 6	Invest in Your Future.
Week 20	May 13	Personal Skills Appraisal.
Week 21	May 20	What is Your Mission?
Week 22	May 27	What are my Stressors?
Week 23	June 3	Indulge Yourself.
Week 24	June 10	Where do you Feel Powerful?
Week 25	June 17	What are Your Perceived Advantages Over Peers?
Week 26	June 24	Take 3 – What has Been Your Strength?
Week 27	July 1	Be inspired!
Week 28	July 8	Who/What is Your Muse?
Week 29	July 15	Diversify.
Week 30	July 22	Rest!
Week 31	July 29	Reaching Equilibrium.
Week 32	August 5	Growth is steady.
Week 33	August 12	Creating Mindfulness.
Week 34	August 19	When Do Power and Fame Become Too Much?
Week 35	August 26	What is Sustainable?
Week 36	September 2	Build Your Circle.
Week 37	September 9	How do You Measure Productivity?
Week 38	September 16	How do You Communicate?
Week 39	September 23	What Are You In Control of?
Week 40	Septemeber 30	Take 4 – What Are Your Opportunities Coming Up?
Week 41	October 7	Live!!!
Week 42	October 14	Aspire!
Week 43	October 21	What is the Meaning of Your Life?
Week 44	October 28	Be Rational.

Week 45	November 4	Reciprocate Constructive Positivity.
Week 46	November 11	Healthful Socializing.
Week 47	November 18	The Creative in Me.
Week 48	November 25	Empowered.
Week 49	December 2	Activate the future you!
Week 50	December 9	Does Your C.V Reflect Your Future?
Week 51	December 16	Triangulate Your Needs.
Week 52	December 23	Year-End Review.
12/30/2018		Curate.