12 Week Year Study Guide Moran Ebook

12 week year study guide moran

The concept of the 12 Week Year, popularized by Brian Moran, offers a revolutionary approach to goal setting and execution. Unlike traditional annual planning, the 12 Week Year emphasizes focusing on a condensed timeframe to achieve more in less time. This methodology has gained widespread popularity among entrepreneurs, professionals, and students seeking to boost productivity and results. In this comprehensive 12 Week Year Study Guide Moran, we will explore the core principles, strategies, and actionable steps to help you implement this effective system in your life.

Understanding the 12 Week Year Concept

What Is the 12 Week Year?

The 12 Week Year is a strategic planning system that condenses a year?s worth of goals and actions into 12-week cycles. Instead of setting goals annually and spreading efforts thin over 12 months, this approach promotes intense focus and accountability within shorter periods. The idea is that by working in shorter, more manageable cycles, individuals and teams can maintain higher levels of motivation, momentum, and clarity.

The Philosophy Behind the 12 Week Year

- Urgency and Focus: Shorter timeframes create a sense of urgency, motivating consistent effort.
- Clarity of Goals: With fewer goals to focus on, priorities become clearer.
- Measurement and Accountability: Frequent reviews allow for adjustments and accountability.
- Reduced Procrastination: The limited timeline discourages delays and complacency.

Core Principles of the 12 Week Year

1. Vision

Establish a compelling vision that aligns with your personal or professional aspirations. Your vision provides the motivation and direction needed for success.

2. Planning

Develop a detailed plan for each 12-week cycle, breaking down annual goals into actionable weekly and daily tasks.

3. Process Control

Focus on executing the process?daily and weekly actions?rather than solely on outcomes, to ensure steady progress.

4. Measurement

Track key metrics regularly to gauge progress and make timely adjustments.

5. Accountability

Create accountability systems, whether personal or through a team, to maintain commitment and discipline.

Steps to Implement the 12 Week Year System

Step 1: Set Your Vision

Your vision should be inspiring and broad enough to encompass your long-term aspirations. It serves as the foundation for your 12-week goals.

Step 2: Define Your 12-Week Goals

Select 3-5 critical goals that will significantly move you toward your vision. These should be specific, measurable, achievable, relevant, and time-bound (SMART).

Example Goals:

- Increase sales by 20%
- Launch a new product
- Improve physical fitness by losing 10 pounds

Step 3: Break Goals into Weekly and Daily Tasks

Create a detailed action plan:

- Identify weekly milestones
- Plan daily actions aligned with weekly objectives

Sample Breakdown:

| Week | Goal Focus | Key Tasks |

|--------|--------------|-----------|

| Week 1 | Increase outreach | Contact 50 new prospects |

| Week 2 | Content creation | Write 5 blog posts |

| Week 3 | Lead generation | Run targeted ads |

Step 4: Develop a Weekly Plan and Review System

At the start of each week, plan your tasks explicitly. At week?s end, review:

- What was accomplished?
- What obstacles arose?
- How can adjustments be made for the following week?

Step 5: Track Progress Daily and Weekly

Use tools such as journals, spreadsheets, or apps to monitor daily actions and weekly results. Consistent tracking enhances accountability and awareness.

Step 6: Conduct Regular Accountability Meetings

Whether solo or in a team, hold weekly accountability sessions to review progress, discuss challenges, and refine strategies.

Tools and Resources for the 12 Week Year

Planning and Tracking Tools

- Digital apps: Trello, Asana, Todoist
- Spreadsheets for goal tracking

- Journals or planners designed for goal setting

Books and Study Guides

- ?The 12 Week Year? by Brian Moran
- Supplementary workbooks and online courses
- Moran?s dedicated study guides that offer exercises and templates

Support Networks

- Accountability partners
- Online communities and forums
- Coaching programs

Common Challenges and How to Overcome Them

1. Overambitious Goal Setting

Solution: Focus on 3-5 key goals per cycle. Prioritize quality over quantity.

2. Lack of Discipline

Solution: Establish routines, use accountability systems, and track progress daily.

3. Poor Time Management

Solution: Plan weekly and daily tasks in advance. Use time-blocking techniques.

4. Failure to Review and Adjust

Solution: Schedule regular review sessions. Be flexible and ready to pivot when necessary.

Benefits of Using the 12 Week Year Study Guide Moran

- Increased productivity and focus
- Better time management
- Clearer priorities
- Enhanced motivation through small wins

- Accelerated achievement of goals
- Development of disciplined habits

Case Studies and Success Stories

Entrepreneurial Success

Many entrepreneurs have used the 12 Week Year to launch products, grow their customer base, and improve revenue streams within short periods. The system?s focus on accountability and tracking keeps them motivated and on course.

Personal Development

Individuals seeking health, financial, or personal growth report significant progress by applying the 12 Week Year principles, including weight loss, saving goals, or skill development.

Conclusion: Making the Most of Your 12 Week Year

The **12 week year study guide moran** provides a structured, disciplined approach to achieving extraordinary results in a condensed timeframe. By setting clear goals, breaking them down into actionable steps, tracking progress, and maintaining accountability, you can elevate your productivity and reach your aspirations faster than ever before. Embrace this methodology, stay committed, and watch your success unfold in just 12 weeks.

Additional Tips for Success

- Start with a compelling vision to fuel motivation.
- Keep goals realistic yet challenging.
- Regularly review progress and celebrate small wins.
- Adjust your strategies based on what the data shows.
- Stay disciplined and committed to daily actions.

Implementing the 12 Week Year system can transform the way you approach goals, making success not just a distant dream but an achievable reality within a manageable timeframe. Whether you are aiming for personal growth, professional achievement, or both, this study guide offers the blueprint to turn your ambitions into tangible results.

12 Week Year Study Guide Moran: Unlocking Peak Performance in Shortened Timeframes

The 12 Week Year Study Guide Moran offers a transformative approach to goal setting and

achievement by condensing annual objectives into focused 12-week cycles. Inspired by Brian Moran?s popular methodology, this guide provides actionable insights, strategic planning tools, and motivational frameworks designed to help individuals and teams accelerate their progress and produce measurable results faster. Whether you're an entrepreneur, executive, student, or anyone eager to maximize productivity, this study guide acts as a comprehensive roadmap to redefining success within a shorter, more manageable timeframe.

Overview of the 12 Week Year Concept

What Is the 12 Week Year?

The 12 Week Year is a productivity system that replaces traditional annual goal setting with 12-week cycles. Instead of setting vague or overly ambitious yearly goals, practitioners focus on a shorter horizon, which heightens urgency and accountability. This methodology emphasizes executing at a high level consistently over a condensed period, leading to faster results and sustained motivation.

Core Principles of the 12 Week Year

- Focus on a limited timeframe: 12 weeks instead of 12 months.
- Compelling vision: Clear, motivating goals aligned with personal or organizational values.
- Measurement and accountability: Regular tracking of progress.
- Weekly planning and review: Breaking down goals into weekly tasks.
- Time blocking: Dedicated periods for high-priority activities.
- Accountability meetings: Regular check-ins to maintain momentum.

Features of the Moran Study Guide

Comprehensive Breakdown of the Methodology

The Moran study guide meticulously dissects the principles behind the 12 Week Year, offering readers detailed explanations of each component. It provides step-by-step instructions on how to set effective goals, create actionable plans, and develop the discipline necessary for success within each cycle.

Practical Tools and Templates

One of the standout features is the inclusion of practical tools such as:

- Goal-setting templates

- Weekly and daily planning sheets
- Progress tracking charts
- Accountability checklists

These resources facilitate seamless implementation and help users stay organized throughout their 12-week journey.

Case Studies and Success Stories

The guide incorporates real-life examples demonstrating how individuals and organizations have transformed their productivity using the 12 Week Year approach. These stories serve as motivation and provide insight into overcoming common challenges.

Additional Resources and Support

Readers gain access to supplementary materials like motivational videos, recommended reading lists, and online support communities, enhancing their learning experience.

Benefits of Using the 12 Week Year Study Guide Moran

Enhanced Focus and Clarity

By narrowing goals into 12-week sprints, users eliminate distractions and focus their energy on high-impact activities. This clarity results in more efficient use of time and resources.

Increased Motivation and Urgency

The shorter cycle fosters a sense of urgency, which combats procrastination and encourages consistent effort. The frequent deadlines motivate users to stay committed.

Better Performance Tracking

Regular check-ins and measurable objectives enable users to identify obstacles early and adjust their strategies accordingly, leading to continuous improvement.

Improved Accountability

Accountability structures embedded in the system promote responsibility, whether through self-assessment or peer support groups.

Flexibility and Adaptability

The 12-week framework allows for faster course corrections compared to annual plans, making it adaptable to changing circumstances.

Potential Drawbacks and Challenges

While the guide and methodology offer numerous advantages, there are some limitations and challenges to consider:

- Initial Adjustment Period: Transitioning from traditional annual planning to 12-week cycles may require mindset shifts.
- Overwhelm with Multiple Goals: Managing several goals simultaneously within a short period can be taxing without proper prioritization.
- Discipline Requirement: Success depends heavily on consistent execution, which can be difficult for some.
- Not Suitable for Long-term Strategic Planning: The focus on short-term results may overlook long-term vision development unless integrated thoughtfully.

How to Maximize the Effectiveness of the Study Guide

Set Clear and Compelling Goals

Ensure your goals are specific, measurable, achievable, relevant, and time-bound (SMART). The more compelling the vision, the higher your motivation.

Break Goals into Weekly Actions

Divide your 12-week objectives into weekly tasks. This breakdown makes large goals less daunting and promotes consistent progress.

Schedule Regular Reviews

Conduct weekly reviews to assess progress, identify obstacles, and realign your actions. Use accountability partners or coaches for added motivation.

Practice Time Blocking

Dedicate fixed time slots to high-priority tasks. Protect these periods from distractions to maximize productivity.

Maintain Flexibility

Be prepared to adjust your plans based on feedback and changing circumstances. Flexibility ensures resilience and sustained momentum.

Who Can Benefit from the 12 Week Year Study Guide Moran?

- Entrepreneurs seeking rapid business growth
- Managers and Leaders aiming to improve team performance
- Students wanting to accelerate their learning outcomes
- Health and Wellness Enthusiasts pursuing fitness or lifestyle goals
- Personal Development Seekers striving for self-improvement

The system's versatility makes it suitable for anyone committed to achieving meaningful results within a defined period.

Conclusion: Is the 12 Week Year Study Guide Moran Worth It?

The 12 Week Year Study Guide Moran stands out as a comprehensive resource that equips users with the tools, mindset, and strategies necessary to redefine their approach to productivity and goal achievement. Its focus on short, intense periods fosters discipline, accountability, and rapid results. While it requires commitment and a willingness to adapt, the benefits of heightened focus, motivation, and performance make it a worthwhile investment for those serious about making significant progress.

For anyone tired of the sluggish pace of annual planning or seeking a proven framework to accelerate their goals, this guide offers a compelling pathway to success. Its practical tools, case studies, and clear methodology serve as an indispensable companion in the journey toward extraordinary achievement within just 12 weeks.

Pros:

- Clear, actionable framework
- Enhances focus and motivation
- Practical templates and tools included
- Promotes accountability and regular review
- Suitable for diverse goals and industries

Cons:

- Requires disciplined execution
- Adjustment period for new approach
- Short-term focus may overlook long-term vision
- Can be overwhelming without proper prioritization

Ultimately, the 12 Week Year Study Guide Moran empowers users to transform their productivity habits, achieve more in less time, and develop a sustainable cycle of success.

QuestionAnswer What are the core principles of the 12 Week Year study guide by Moran? The core principles focus on setting clear, measurable goals for 12-week periods, creating focused action plans, and maintaining accountability to enhance productivity and achieve results faster than traditional annual planning. How does the 12 Week Year approach differ from traditional annual goal setting? Unlike traditional annual goals, which often lead to procrastination and lack of urgency, the 12 Week Year emphasizes shorter cycles to foster focus, urgency, and consistent progress, leading to more immediate results. What are some key strategies recommended in Moran's 12 Week Year study guide? Key strategies include breaking down goals into actionable weekly tasks, tracking progress regularly, maintaining accountability through reviews, and adjusting plans as needed to stay on track within the 12-week timeframe. Can the 12 Week Year study guide be applied to personal development as well as business goals? Yes, the 12 Week Year methodology is versatile and can be applied to personal development, health, finance, and business objectives to increase focus and accelerate achievement in various areas of life. What are some common challenges when implementing the 12 Week Year system, and how does Moran suggest overcoming them? Common challenges include maintaining discipline and focus. Moran recommends setting clear priorities, establishing accountability partners, and conducting weekly reviews to stay committed and adapt strategies as needed.

Related keywords: 12 week year, John Moran, productivity guide, goal setting, time management, performance improvement, weekly planning, success strategies, personal development, achievement techniques

Have A Good Week Till Next Week

Have a good week till next week. As we approach the end of the current week and look forward to the next, it's essential to set positive intentions and productive goals to make the most of the upcoming days. Whether you're working, studying, or simply aiming for personal growth, maintaining a positive outlook and strategic planning can help you transition smoothly from one week to the next. In this comprehensive guide, we will explore effective ways to have a good week till next week, including tips for productivity, stress management, goal setting, and maintaining motivation. Let?s

dive into the best practices to ensure your upcoming week is successful, fulfilling, and balanced.

Understanding the Importance of Planning for a Good Week

Planning is the cornerstone of a productive and satisfying week. When you take time to organize your tasks, set priorities, and prepare mentally, you increase your chances of achieving your goals and reducing stress.

Why Planning Ahead Matters

- Enhances Productivity: Clear plans help you focus on what's important.
- Reduces Stress: Knowing what to expect minimizes anxiety.
- Boosts Motivation: Progress tracking provides a sense of accomplishment.
- Ensures Balance: Allocating time for work, rest, and leisure maintains overall well-being.

How to Plan Effectively for the Coming Week

- Review your current week?s achievements and challenges.
- Set specific, measurable goals for the next week.
- Prioritize tasks based on urgency and importance.
- Allocate time blocks for work, self-care, and leisure.
- Prepare materials, documents, or resources needed in advance.
- Use planning tools such as calendars, to-do lists, or productivity apps.

Setting Clear Goals for a Successful Week

Goal setting is vital to having a productive week. Clear objectives give you direction and purpose, helping you stay focused and motivated.

SMART Goals: A Framework for Success

To ensure your goals are effective, use the SMART criteria:

- Specific: Clearly define what you want to accomplish.
- Measurable: Establish criteria to track progress.
- Achievable: Set realistic goals within your capacity.
- Relevant: Align goals with your broader objectives.
- Time-bound: Set deadlines to create urgency.

Example Goals for the Upcoming Week

- Complete three chapters of your online course by Friday.
- Exercise at least 30 minutes, four times this week.
- Organize your workspace by Wednesday.
- Reach out to two new contacts or clients.
- Dedicate 15 minutes daily to mindfulness or meditation.

Maintaining Motivation Throughout the Week

Staying motivated can be challenging, especially if setbacks occur or if the week feels overwhelming. Here are strategies to keep your spirits high.

Tips to Boost and Sustain Motivation

- Visualize Success: Picture yourself achieving your goals.
- Break Tasks into Smaller Steps: Smaller milestones are less daunting.
- Reward Yourself: Celebrate small victories.
- Stay Positive: Practice gratitude and positive affirmations.
- Connect with Supportive People: Share your goals with friends or colleagues.
- Track Progress: Use journals or apps to see how far you've come.

Effective Time Management Strategies

Time management is critical to make the most of your week. Implementing proven techniques can boost productivity and ensure you have time for personal activities.

Popular Time Management Techniques

- Pomodoro Technique: Work for 25 minutes, then take a 5-minute break.
- Time Blocking: Allocate specific blocks of time to different tasks.
- Eisenhower Matrix: Prioritize tasks based on urgency and importance.
- To-Do Lists: Keep daily lists to stay organized.
- Limit Distractions: Turn off notifications and create a dedicated workspace.

Stress Management Tips for a Smooth Week

Stress can derail your plans and affect your health. Managing stress effectively ensures you stay

focused and healthy.

Stress Reduction Techniques

- Practice deep breathing exercises.
- Engage in regular physical activity.
- Maintain a healthy diet.
- Ensure adequate sleep each night.
- Allocate time for hobbies and relaxation.
- Set realistic expectations and avoid overcommitting.

Maintaining Work-Life Balance

Balancing work and personal life is fundamental to having a good week. Overworking can lead to burnout, whereas neglecting responsibilities can cause stress.

Strategies for Achieving Balance

- Set boundaries for work hours.
- Dedicate time to family and friends.
- Schedule regular breaks during work.
- Use weekends for rest and personal interests.
- Practice mindfulness to stay present.

Preparing for Next Week: Ending Your Current Week on a High Note

As your current week concludes, consider these steps to transition smoothly into the next.

Wrap-Up Activities

- Review accomplishments and pending tasks.
- Update your to-do list for the upcoming week.
- Clean and organize your workspace.
- Reflect on lessons learned.
- Practice gratitude for what you've achieved.

Setting the Stage for a Good Next Week

- Set specific goals for the upcoming week.
- Plan your schedule in advance.
- Identify potential challenges and solutions.
- Rest adequately to start fresh.

Additional Tips for a Positive and Productive Week

- Maintain a positive mindset throughout the week.
- Stay flexible and adaptable to unforeseen changes.
- Keep a journal to track progress and feelings.
- Limit social media and screen time to increase focus.
- Engage in activities that inspire and energize you.

Conclusion: Make Every Week Count

Having a good week till next week is achievable with mindful planning, goal setting, and self-care. By implementing effective strategies such as clear goal setting, time management, stress reduction, and maintaining work-life balance, you can ensure that each week is productive, fulfilling, and aligned with your personal and professional aspirations. Remember, the way you end one week sets the tone for the next. Embrace each day with purpose, positivity, and preparation, and you'll find yourself progressing steadily toward your goals while maintaining your well-being. Here's to a successful upcoming week?make it your best one yet!

Have a good week till next week: An Investigative Review of a Common Phrase?s Cultural, Psychological, and Practical Significance

Introduction

In our busy, interconnected world, phrases like "Have a good week till next week" have become common expressions of politeness, encouragement, or well-wishing. While seemingly simple, these words encapsulate a complex web of social norms, psychological effects, and cultural nuances. This article aims to explore the origins, usage, and implications of this phrase, analyzing its role across various contexts and what it reveals about human communication and social behavior.

The Origins and Evolution of the Phrase

Historical Roots of Well-Wishing Expressions

The tradition of extending well-wishes to others throughout time has been embedded in human cultures for centuries. Phrases like "Have a good day," "Safe travels," or "Best wishes" serve as

social lubricants, fostering connection and goodwill. The specific phrase "Have a good week till next week" appears to have emerged as a pragmatic variant, often used in workplace environments, casual conversations, or social media interactions.

While there is no definitive historical record pinpointing its inception, linguistic analyses suggest that such expressions evolved as a way to bridge the time gap between meetings or interactions, emphasizing a hope for ongoing well-being until the next encounter. It operates as a temporal marker, setting expectations for the period ahead.

Modern Usage and Variations

In contemporary language, the phrase often appears in emails, text messages, or spoken exchanges, especially on Fridays or at the end of a workweek. Variations include:

- "Have a great week till next week!"
- "Enjoy your week until we meet again."
- "Wishing you a productive week ahead."

These variations reflect cultural preferences, regional differences, and individual styles of communication.

Cultural Significance and Contextual Usage

Workplace and Professional Settings

In organizational environments, such phrases serve multiple purposes:

- Politeness and Rapport Building: They foster a positive atmosphere, signaling care and camaraderie.
- Setting Expectations: They subtly communicate that contact may pause until the next scheduled interaction.
- Maintaining Morale: Especially during challenging times (e.g., during busy project phases or crises), such well-wishes can boost morale.

However, their usage can vary across cultures:

- Western cultures tend to favor casual, friendly expressions.
- Asian cultures may prefer more formal or indirect language to convey similar sentiments.

- Middle Eastern and African contexts might incorporate religious or spiritual elements into well-wishing phrases.

Personal and Social Contexts

In personal relationships, the phrase can be a gentle reminder of ongoing connection, a way to express hope for the recipient's well-being over the upcoming days. It can also serve as a social cue, indicating the end of an interaction while expressing goodwill.

Psychological Dimensions

Impact on Well-Being

Research indicates that expressions of kindness and positive social exchanges can enhance psychological well-being. When someone says "Have a good week till next week," it:

- Reinforces social bonds
- Provides emotional support
- Contributes to feelings of being cared for or valued

Conversely, if such phrases are perceived as insincere or routine, they may have minimal or even negative effects, highlighting the importance of authenticity in communication.

The "Expectation Effect"

The phrase subtly sets an expectation for positivity and productivity during the upcoming week. This can influence the recipient's mindset, encouraging them to approach their week with optimism, potentially leading to better mood and performance.

Practical Implications and Effectiveness

Does Saying "Have a good week till next week" Influence Outcomes?

While it's challenging to measure the direct impact of this specific phrase, studies in social psychology suggest that positive communication can:

- Improve interpersonal relationships
- Reduce stress
- Increase motivation

In workplace settings, managers who regularly extend genuine well-wishes observe higher employee satisfaction and engagement.

Limitations and Potential Misinterpretations

Despite its positive connotations, the phrase can sometimes be misinterpreted:

- As dismissive if used robotically
- As insincere if the tone is flat
- As an avoidance of deeper engagement if used superficially

Thus, context, tone, and sincerity are crucial for its effectiveness.

The Future of Such Phrases in Digital Communication

Digital Communication Challenges

In the age of instant messaging and social media, traditional expressions face new challenges:

- Overuse and Routine: Messages can become formulaic.
- Miscommunication: Absence of tone makes sincerity harder to judge.
- Cultural Shifts: Preferences for more personalized or casual expressions are growing.

Potential Innovations

Emerging trends include:

- Use of emojis and GIFs to convey emotion
- Personalized messages tailored to individual preferences
- Video messages for a more authentic connection

Despite these changes, the core human desire for connection remains, suggesting that well-wishing phrases like "Have a good week till next week" will adapt rather than disappear.

Critical Analysis: Is It More Than Just Words?

Social Functionality

This phrase functions as a social ritual, reinforcing bonds and expressing goodwill. Its repeated use sustains social cohesion, especially in professional environments where formalities matter.

Psychological Reinforcement

It acts as a mental cue, prompting positive reflection on the week ahead, which can influence behaviors and attitudes.

Cultural Reflection

The phrase reflects cultural attitudes toward time, community, and individual well-being. Its variations reveal underlying values, whether collectivist or individualist.

Conclusion

"Have a good week till next week" may seem like a simple, commonplace expression, but its significance is multifaceted. It embodies social norms of politeness, acts as a psychological booster, and demonstrates cultural nuances in communication. As language evolves in response to technological and societal changes, such phrases will continue to adapt, but their core function ? fostering connection and expressing goodwill ? remains vital. Understanding their layers of meaning enhances our appreciation of everyday interactions and underscores the importance of intentional, sincere communication in building a supportive social fabric.

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Final Thoughts

While "Have a good week till next week" is often dismissed as a banal greeting, its underlying significance merits recognition. It encapsulates a human desire for connection, hope, and continuity. As we navigate an increasingly digital world, maintaining genuine, meaningful

communication?whether through words or actions?remains essential for individual well-being and societal cohesion.

QuestionAnswer What does the phrase 'have a good week till next week' mean? It is a courteous way of wishing someone well for the upcoming week, implying they should enjoy or make the most of the days until the following week. When is it appropriate to say 'have a good week till next week'? It's appropriate to say this at the end of a week, such as on a Friday or before parting ways, to wish someone well for the days ahead. Can 'have a good week till next week' be used in professional settings? Yes, it can be used in professional or casual contexts to politely wish colleagues, clients, or friends a good upcoming week. Is 'have a good week till next week' a common phrase? While not a standard idiom, it is a common conversational expression used to convey well wishes for the upcoming days. What are some alternative ways to say 'have a good week till next week'? Alternatives include 'Have a great week!', 'Enjoy your week!', or 'Wishing you a productive week ahead.' How can I respond if someone says 'have a good week till next week' to me? You can respond with 'Thank you, you too!', 'Thanks, I will!', or 'Same to you, have a great week!' Are there cultural variations of this phrase? Yes, different cultures have their own expressions to wish someone well for the upcoming week, such as 'Have a good week ahead' or 'Enjoy your week.' Can 'have a good week till next week' be used in text messages or emails? Absolutely, it is suitable for both informal and formal messages to convey friendly or professional good wishes. Is there a more formal version of 'have a good week till next week'? A more formal version could be 'Wishing you a productive and pleasant week ahead.'

Related keywords: good week, weekly wishes, positive week, productive week, week ahead, stay positive, have a great week, weekly greeting, best wishes for the week, upcoming week

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