

DATE:

TODAY'S THEME:

FOCUS - THE BIG 3

06

07

08

SECONDARY TRACTION TO-DOS

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09

10

11

12

01

MY PERSONAL TO-DOS

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02

03

04

05

06

I AM GRATEFUL FOR

1.

2.

3.

RELATIONAL CHECK-INS

1.

2.

BE ACTIVE: ○ -----

DRINK WATER: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

NOODLING

BRAIN DUMP FOR TOMORROW

REFLECT: