DAILY RECORD: A DAILY TO-DO LIST

Readi	ness	0	1	2	3	4	5	En	ergy	0	1	1 2	2	3	4	5	Wel	Iness	0	1	2	3	4		5
DAY DATE					PERSONAL									PROFESSIONAL											
6																									
-																									
8																									
4.0																									
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8																									
TRACKE for this y	for this year?							ablish and reinforce the habits that will help y									you imp	orove in	the t	hree	key a	reas	s you	u ide	ntified
FOCUS 1:	1							FOCUS	2:								FOCUS	S 3:							

Start where you are. Use what you have. Do what you can. — $\bf Arthur\, Ashe$

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