Monthly Goal:	Today		Monday		Tuesday
	Intention				
	What	1		1	
	Matters	2		2	
TI: M/ I/ C I	Most	3		3	
This Week's Goal:	Water:				*****
	Morning:				
Small Tasks:	8:00 am				
	8:30 am				
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	5:30 pm				
	6:00 pm				
	Dinner				
	Evening:				
	Grateful:				
		St	rength Journal	St	trength Journal
		M	editate Steps	N	leditate Steps

Today		Wedne	esday		Thursda	зу		Friday	
Intention									
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Matters	2			2			2		
Most	3			3			3		
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Morning:									
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Dinner									
Evening:									
Grateful:									
	St	rength	Journal	St	rength	Journal	St	rength	Journal
	M	editate	Steps	M	editate	Steps	M	editate	Steps

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Today		Saturda	У		Sunday	,		
Intention			,		,		Progre	SS
What	1			1			comes fi	rom
Matters	2			2				
Most	3			3			smaci	<i>/</i>)
Water:		0000			0000		consist	ent
Morning:							Progre comes for small consiste action	S.
8:00 am							Spending:	Balance
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Dinner								
Evening:								
Grateful:								
	St	rength	Journal	St	rength	Journal		
	М	editate	Steps	М	editate	Steps		

Negative Thoughts:	Positive View:
	<u> </u>
This week has been	
THIS WEEK HAS DECH	
What felt good this week?	
What do I most want to remember?	
I choose to give my attention to	
remode to give my ditention to	

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