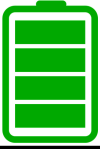



Prime Directive / Stretch Goal

Today's Goal One - 42 minutes focused




Rest / Reward - 18 minutes break

Today's Goal Two - 42 minutes focused



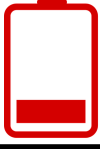
Rest / Reward - 18 Minutes break

Today's Goal Three - 42 minutes focused



Rest / Reward - 18 minutes break

What did you learn today and Describe an Ideal Tomorrow. Be Specific!



What I'm Grateful for ...
 [] _____
 [] _____

If I could live today over again I'd ...
 [] _____
 [] _____

Things I get to enjoy today!
 [] _____
 [] _____

Appointments
 ____:____ / _____
 ____:____ / _____
 ____:____ / _____
 ____:____ / _____

Things to do inside my goals
 [] _____
 [] _____
 [] _____
 [] _____
 [] _____
 [] _____
 [] _____
 [] _____

Devils Vortex
 [] _____
 [] _____
 [] _____
 [] _____
 [] _____
 [] _____
 [] _____
 [] _____

Notes and follow up items

What is the 1 Thing you can do so that everything else is easier or unnecessary?