DAILY ACTION FOLLOWING HOURS

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Wake up with purpose

Healthy morning habits (exercise, gratitude journaling, reading or listening to inspirational materials, planning the day with this tool)

5. am.....
6. am.....
7. am.....
8. am.....

Crush your daily goals

Productive Habits: block time + set intention before each activity

9. am.....
10.am.....
11. am.....
12.pm.....
.....Break.....
2. pm.....
3. pm.....
4. pm.....
5. pm.....

Finish the day in peace

Healthy evening habits (Journaling, reflection and reading)

6. pm.....
7. pm.....
8. pm.....
9. pm.....

Gratitude

Today, I feel thankful for

.....

DAILY GOAL ACHIEVER

BEST TRUE SELF

3 prioritized core values

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LONG-TERM GOAL

3 long-term goals

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DESIRED FEELINGS

3 feelings I want to experience

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DAILY GOALS

3 daily goals that helps me achieve long-term goals

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SOCIAL CIRCLES

3 people who can co-create my long-term success

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KEY SKILLS

3 skills to master to achieve my goals

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SERVICES

3 values to add today

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