

by Shanda Sumpter

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Dear Reader,

I get afraid When money is short, When I don't have support from my spouse How do I still execute, When its taking entirely too long to come together...

Because I know Im on a runway The agenda is completely dedicated to you...

Encourage you to dream really big, go past what you think Is possible, Because money, love and success all love speed.

And your running on a runway
Theirs a goal thats running on a runway
and if nothing else that should FIRE you
up.

Love

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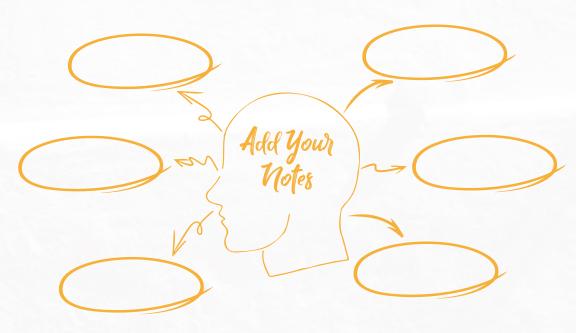
YOU'RE ON A RUNWAY...





what is the goal, that if you were to hit this one thing right now that everything else would come together?

(WORK SESSION: WATCH THINK BIGGER YOUTUBE VIDEO)



what is that big thing that if it needed to come together now, what is that?





So you can stop being distracted on the other things, right? So what is that that needs to happen?
What's the thing that you keep coming back to that? If this, if this was true, or this came together? Or this was solved? You know, it'd mean that your life or your business would go the next level? Right?
What do you need to do? So what's in the way?
what's what's in the way of success, like what is going to not allow this to get off the ground, like, what's going to block you from getting this off the ground, right?
So what's gonna get in your way? What's gonna get in your way of taking off and reaching this destination for yourself?







TIME - OFF (FLEX DAYS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					7 ,	

February ----

	THURSDAY	FRIDAY	SATURDAY	SUNDAY

March - ---

Money loves Spee Shanda Sompter }}}

HEARTCORE®

JANUARY









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WHATAND WHY			
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WHATAND WHY			
WHAT AND WHY			
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MONTH/YEAR

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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DAY:		GOG	ETTI DONE
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			P1O P2O P3O
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			P1O P2O P3O
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NOTES & THOUGHT			

Week 1 Day 1



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TODAY I'M GRATEFUL FOR







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THINGS THAT NEED TO GET DONE 😂



NOTES	

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"18 But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today."





DAY: -

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TODAY I'M GRATEFUL FOR







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THINGS THAT NEED TO GET DONE 🤝



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THINGS THAT NEED TO GET DONE 😂



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TODAY I'M GRATEFUL FOR







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THINGS THAT NEED TO GET DONE 🤝



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THINGS THAT NEED TO GET DONE 😂



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TODAY I'M GRATEFUL FOR





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THINGS THAT NEED TO GET DONE 🤝



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TODAY I'M GRATEFUL FOR







THINGS THAT NEED TO GET DONE 🤝



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TOP 3 ACHIEVEMENTS
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DAY:	GO GET IT DONE
MY TOP PRIORITIES	
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PRIORITY FOCUS	
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NOTES & THOUGHT	





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TODAY I'M GRATEFUL FOR





Exodus 35:35:

"He has filled them with skill to do every sort of work done by an engraver or by a designer or by an embroiderer in blue and purple and scarlet yarns and fine twined linen, or by a weaver—by any sort of workman or skilled designer."

THINGS THAT NEED TO GET DONE 🤝



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Week 2 Day 6



DAY: _____

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THINGS THAT NEED TO GET DONE 😂



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THINGS THAT NEED TO GET DONE 😂



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GOAL1	
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HOW I'M FEELING	
TOP 3 ACHIEVEMENTS	
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OBSTACLES SO FAR	
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GOAL 2	
HOW I'M FEELING	
TOP 3 ACHIEVEMENTS	
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OBSTACLES SO FAR	
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GOAL 3
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
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OBSTACLES SO FAR
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DAY: ———	GO GETTI DONE
MY TOP PRIORITIES	
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PRIORITY FOCUS	
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NOTES & THOUGHT	

Week 3 Day 1



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TODAY I'M GRATEFUL FOR







Exodus 35:10: "All who are skilled among you are to come and make everything the LORD has commanded."

THINGS THAT NEED TO GET DONE 🤝



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Exodus 35:10: "All who are skilled among you are to come and make everything the LORD has commanded."

Week 3 Day 2



DAY:

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TODAY I'M GRATEFUL FOR







Exodus 35:10:

"All who are skilled among you are to come and make everything the LORD has commanded."

THINGS THAT NEED TO GET DONE 🤝



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Exodus 35:10:
"All who are skilled among you are to come and make everything the LORD has commanded."

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Week 3 Day 3



DAY:

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TODAY I'M GRATEFUL FOR





Exodus 35:10: "All who are skilled among you are to come and make everything the LORD has commanded."

THINGS THAT NEED TO GET DONE 🤝



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Exodus 35:10:
"All who are skilled among you are to come and make everything the LORD has commanded."

Week 3 Day 4



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TODAY I'M GRATEFUL FOR







Exodus 35:10: "All who are skilled among you are to come and make everything the LORD has commanded."

THINGS THAT NEED TO GET DONE 🤝



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Exodus 35:10:
"All who are skilled among you are to come and make everything the LORD has commanded."

Week 3 Day 5



DAY: _____

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TODAY I'M GRATEFUL FOR



Exodus 35:10: "All who are skilled among you are to come and make everything the LORD has commanded."

THINGS THAT NEED TO GET DONE 😂



NOTES		

Exodus 35:10:

"All who are skilled among you are to come and make everything the LORD has commanded."

NOTES	

Week 3 Day 6



DAY: _____

	SCHEDULE	MOST IMPORTANT
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:00 AM —		2.
5:00 AM — 5:00 AM —		3.
:00 AM —		ТО DO
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TODAY I'M GRATEFUL FOR







Exodus 35:10: "All who are skilled among you are to come and make everything the LORD has commanded."

THINGS THAT NEED TO GET DONE 🤝



NOTES	

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Exodus 35:10:
"All who are skilled among you are to come and make everything the LORD has commanded."

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DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM		l.
5:00 AM		2.
6:00 AM		3.
7:00 AM —		TO DO
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9:00 AM —		0
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11:00 AM —		0
12:00 PM		0
1:00 PM —		0
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3:00 PM -		<u> </u>
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11:00 PM —		<u> </u>

TODAY I'M GRATEFUL FOR







Exodus 35:10: "All who are skilled among you are to come and make everything the LORD has commanded."

THINGS THAT NEED TO GET DONE 😂



NOTES	

NOTES

Exodus 35:10: "All who are skilled among you are to come and make everything the LORD has commanded."





GOAL1	
HOW I'M FEELING	
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	_
OBSTACLES SO FAR	
	_
NEXT STEP	
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0	





GOAL 2	
HOW I'M FEELING	-
TOP 3 ACHIEVEMENTS	
1-	
<u>2-</u>	
3-	
OBSTACLES SO FAR	
	-
	-
	_
NEXT STEP	
	-





GOAL 3	
HOW I'M FEELING	
	_
TOP 3 ACHIEVEMENTS	
1-	-
	_
2-	
3-	-
OBSTACLES SO FAR	
NEXT STEP	
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0	





DAY:	GO GETTI DONE
MY TOP PRIORITIES	
1.	3.
PRIORITY FOCUS	
	PIO P2O P3O
NOTES & THOUGHT	

Week 4 Day 1



DAY:

SCHEDULE	MOST IMPORTANT
	1.
	2.
	3.
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	<u>o</u>
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	<u> </u>
	<u> </u>

TODAY I'M GRATEFUL FOR





Ephesians 2:10:

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

THINGS THAT NEED TO GET DONE 🤝



NOTES		

NOTES

Ephesians 2:10:

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Week 4 Day 2



DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM		TO DO
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9:00 AM —		0
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10:00 PM —		0
11:00 PM —		<u>o</u>

TODAY I'M GRATEFUL FOR







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NOTES

Ephesians 2:10:

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

THINGS THAT NEED TO GET DONE 😂

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NOTES

Ephesians 2:10:
"For we are God's handiwork, created in Christ Jesus to do good works,
which God prepared in advance for us to do."

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Week 4 Day 3



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM -		2.
6:00 AM -		3.
7:00 AM -		TO DO
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12:00 PM		0
1:00 PM		<u> </u>
2:00 PM —		0
3:00 PM		0
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7:00 PM —		0
8:00 PM		0
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10:00 PM —		0
11:00 PM		0

TODAY I'M GRATEFUL FOR







Ephesians 2:10:

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THINGS THAT NEED TO GET DONE 🤝



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Ephesians 2:10:

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

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Week 4 Day 4



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM		TO DO
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9:00 AM —		0
10:00 AM		<u>o</u>
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8:00 PM —		0
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11:00 PM —		<u>o</u>

TODAY I'M GRATEFUL FOR







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NOTES

Ephesians 2:10:

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

THINGS THAT NEED TO GET DONE 😂

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NOTES

Ephesians 2:10:
"For we are God's handiwork, created in Christ Jesus to do good works,
which God prepared in advance for us to do."

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Week 4 Day 5



DAY:

	SCHEDULE	MOST IMPORTANT	
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TODAY I'M GRATEFUL FOR







Ephesians 2:10:

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

THINGS THAT NEED TO GET DONE 🤝



NOTES			

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"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

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DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM -		1.
5:00 AM -		2.
6:00 AM —		3.
7:00 AM —		то ро
8:00 AM —		0
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9:00 PM —		0
10:00 PM —		0
11:00 PM —		0

TODAY I'M GRATEFUL FOR







Ephesians 2:10: "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

THINGS THAT NEED TO GET DONE 🤝



NOTES	

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which God prepared in advance for us to do."





DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
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5:00 AM —		3.
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10:00 PM —		<u> </u>
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TODAY I'M GRATEFUL FOR







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THINGS THAT NEED TO GET DONE 🤝



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NOTES	





GOAL1	_
HOW I'M FEELING	-
	_
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	
OBSTACLES SO FAR	
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NEXT STEP	
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GOAL 2
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
NEXT STEP
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GOAL 3
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
NEXT STEP
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HEARTCORE®

FEBRUARY











WHATAND WHY		
	ACHIEVE BY / /	
N THE NEXT WEEK		
N THE NEXT MONTH		
N THE NEXT		







WHATAND WHY	
	ACHIEVE BY / /
N THE NEXT WEEK	
IN THE NEXT MONTH	
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WHAT AND WHY		
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THE NEXT WEEK		
THE NEXT WEEK		
N THE NEXT MONTH		
THE NEXT		







MONTH/YEAR

Mon	Tue	Wed	Thu	Fri	Sat	Sun

NOTES	





DAY:		GOG	ETTI DONE
MY TOP PRIORITIES			
1.	2.	3.	
PRIORITY FOCUS			
			PIO P2O P3O
			P1O P2O P3O
			P1O P2O P3O
			P1O P2O P3O
			PIO P2O P3O
NOTES & THOUGHT			





DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM —		l.
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9:00 PM —		<u>o</u>
10:00 PM —		<u>o</u>
11:00 PM —		<u>o</u>

TODAY I'M GRATEFUL FOR





Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

THINGS THAT NEED TO GET DONE 🤝



NOTES		

Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Week 1 Day 2



DAY: _____

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4:00 AM —		2.
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6:00 AM		
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TODAY I'M GRATEFUL FOR



Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

THINGS THAT NEED TO GET DONE 😂

Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

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DAY:

	SCHEDULE	MOST IMPORTANT
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10:00 PM —		<u> </u>
11:00 PM —		<u> </u>

TODAY I'M GRATEFUL FOR







Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

THINGS THAT NEED TO GET DONE 😂



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Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Week 1 Day 4



DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		TO DO
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THINGS THAT NEED TO GET DONE 😂

Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.





DAY:

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TODAY I'M GRATEFUL FOR







Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

THINGS THAT NEED TO GET DONE 😂



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Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Week 1 Day 6



DAY:

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11:00 PM —		<u> </u>

TODAY I'M GRATEFUL FOR







Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

THINGS THAT NEED TO GET DONE 🤝

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DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
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7:00 AM —		TO DO
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TODAY I'M GRATEFUL FOR







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THINGS THAT NEED TO GET DONE 😂

Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.





GOAL1	_
HOW I'M FEELING	-
	_
TOP 3 ACHIEVEMENTS	
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2-	
3-	
OBSTACLES SO FAR	
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NEXT STEP	
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GOAL 2
HOW I'M FEELING
NOW IN CELLIC
TOP 3 ACHIEVEMENTS
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<u>-</u>
2-
3-
OBSTACLES SO FAR
NEXT STEP
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GOAL 3
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
NEXT STEP
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NOTES & THOUGHT





DAT:	GO GET IT DONE
MY TOP PRIORITIES	
2.	3.
PRIORITY FOCUS	
	PIO P2O P3O





DAY: _____

	SCHEDULE	MOST IMPORTANT
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10:00 PM —		0
11:00 PM		<u> </u>

TODAY I'M GRATEFUL FOR







For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

THINGS THAT NEED TO GET DONE 🤝



NOTES		

Jeremiah 29:11 For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

NOTES	





DAY: -

	SCHEDULE	MOST IMPORTANT
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THINGS THAT NEED TO GET DONE 😂



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Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Week 2 Day 3



DAY:

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THINGS THAT NEED TO GET DONE 😂



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Week 2 Day 4



DAY:

	SCHEDULE	MOST IMPORTANT
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NOTES			

Jeremiah 29:11 For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

NOTES		





DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
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6:00 AM —		— то ро
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8:00 PM —		<u> </u>
9:00 PM —		
10:00 PM —		
11:00 PM —		

TODAY I'M GRATEFUL FOR







For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

THINGS THAT NEED TO GET DONE 😂



NOTES	

NOTES

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Week 2 Day 6



DAY: -

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
		3.
6:00 AM —		
7:00 AM —		TO DO
8:00 AM —		<u>o</u>
9:00 AM —		<u> </u>
10:00 AM —		<u> </u>
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2:00 PM —		<u> </u>
3:00 PM —		<u> </u>
4:00 PM —		<u> </u>
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6:00 PM —		<u> </u>
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8:00 PM -		
9:00 PM —		<u> </u>
10:00 PM —		<u> </u>
11:00 PM —		<u> </u>

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DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
		2.
5:00 AM —		3.
6:00 AM		
7:00 AM —		TO DO
8:00 AM —		<u> </u>
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11:00 AM —		<u>o</u>
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3:00 PM —		0
4:00 PM —		<u> </u>
5:00 PM —		0
6:00 PM		<u> </u>
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8:00 PM —		<u> </u>
9:00 PM —		<u> </u>
10:00 PM —		<u> </u>
11:00 PM —		<u> </u>

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GOAL1	_
HOW I'M FEELING	-
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	
OBSTACLES SO FAR	
	-
	-
	-
NEXT STEP	
0	
0	
0	





SOAL 2	
HOW I'M FEELING	
OP 3 ACHIEVEMENTS	
	_
	_
-	_
	_
	_
	_
BSTACLES SO FAR	
EXT STEP	
	_





GOAL 3
HOW I'M FEELING
NOW THE LEEKS
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
NEXT STEP
0
<u> </u>





DAY:	GO GETTI DONE
MY TOP PRIORITIES	
1.	3.
PRIORITY FOCUS	
	PIO P2O P3O
NOTES & THOUGHT	

Week 3 Day 1



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM -		2.
6:00 AM -		3.
7:00 AM -		TO DO
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9:00 AM —		0
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1:00 PM		<u> </u>
2:00 PM —		0
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4:00 PM —		0
5:00 PM —		0
6:00 PM —		0
7:00 PM —		0
8:00 PM		0
9:00 PM —		0
10:00 PM —		0
11:00 PM		0

TODAY I'M GRATEFUL FOR







Romans 8:28

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

THINGS THAT NEED TO GET DONE 🤝



NOTES		

Romans 8:28

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

NOTES		

Week 3 Day 2



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		t.
5:00 AM		2.
6:00 AM —		3.
7:00 AM		TO DO
8:00 AM —		0
9:00 AM —		<u>•</u>
10:00 AM		<u>o</u>
11:00 AM		<u> </u>
12:00 PM		<u> </u>
1:00 PM		0
2:00 PM —		0
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4:00 PM —		0
5:00 PM —		0
7:00 PM —		0
8:00 PM		<u> </u>
9:00 PM —		<u>o</u>
10:00 PM —		0
11:00 PM —		<u>o</u>

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Week 3 Day 3



DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		то ро
8:00 AM —		0
9:00 AM —		<u>o</u>
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11:00 AM —		0
12:00 PM		<u> </u>
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2:00 PM —		0
3:00 PM —		0
4:00 PM —		<u> </u>
5:00 PM —		<u> </u>
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7:00 PM —		<u> </u>
8:00 PM —		<u> </u>
9:00 PM —		<u> </u>
10:00 PM —		<u> </u>
11:00 PM —		0

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Week 3 Day 4



DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM		3.
7:00 AM		то ро
8:00 AM		0
9:00 AM		0
10:00 AM		<u>o</u>
11:00 AM		0
12:00 PM		0
1:00 PM		0
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3:00 PM —		<u>o</u>
4:00 PM —		<u>o</u>
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6:00 PM —		<u>o</u>
7:00 PM		<u>o</u>
8:00 PM		<u>o</u>
9:00 PM —		0
10:00 PM —		<u>o</u>
11:00 PM		<u>o</u>

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THINGS THAT NEED TO GET DONE 🤝



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Week 3 Day 5



DAY: _____

	SCHEDULE	MOST IMPORTANT
4.00.414		1.
4:00 AM —		2.
5:00 AM —		3.
6:00 AM — 7:00 AM —		TO DO
		•
8:00 AM —		•
9:00 AM —		0
10:00 AM —		0
12:00 PM		0
		0
1:00 PM —		0
2:00 PM — 3:00 PM —		0
4:00 PM —		0
5:00 PM —		0
6:00 PM —		0
7:00 PM —		
8:00 PM —		0
9:00 PM —		
10:00 PM —		0
11:00 PM —		

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THINGS THAT NEED TO GET DONE 🤝



NOTES	

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Week 3 Day 6



DAY:

	SCHEDULE	MOST IMPORTANT	
AM —		1.	
) AM —		2.	
) AM —		3.	
AM —		то ро	
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PM —			

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THINGS THAT NEED TO GET DONE 🤝



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DAY: _____

	SCHEDULE	MOST IMPORTANT
1.00.414		1.
4:00 AM —		2.
5:00 AM —		3.
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9:00 AM —		0
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10:00 PM —		<u> </u>
11:00 PM —		<u> </u>

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THINGS THAT NEED TO GET DONE 😂



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NOTES		
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GOAL1	
HOW I'M FEELING	
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	
OBSTACLES SO FAR	
ODD FACELO SO FAIR	
NEXT STEP	
0	
0	
0	





GOAL 2	
HOW I'M FEELING	
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	
OBSTACLES SO FAR	
NEXT STEP	
0	
0	
0	
-	_





GOAL 3	
HOW I'M FEELING	
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	
3-	
OBSTACLES SO FAR	
NEXT STEP	
0	
0	
0	

NOTES & THOUGHT





DAT:	GO GETTI DONE
MY TOP PRIORITIES	
2.	3.
PRIORITY FOCUS	
	P1O P2O P3O
	P1O P2O P3O
	P1O P2O P3O
	PIO P2O P3O
	P1O P2O P3O
	PIQ P2Q P3Q
	PIO P2O P3O
	PIQ P2Q P3Q

Week 4 Day 1



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM -		2.
		3.
6:00 AM —		TO DO
7:00 AM		TO DO o
8:00 AM —		0
9:00 AM —		
10:00 AM		<u>o</u>
11:00 AM —		0
12:00 PM		0
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7:00 PM —		0
8:00 PM		0
9:00 PM —		<u>o</u>
10:00 PM —		0
11:00 PM -		<u>o</u>

TODAY I'M GRATEFUL FOR



Isaiah 40:31

But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

THINGS THAT NEED TO GET DONE 😂



NOTES	

Isaiah 40:31
But they who wait for the Lord shall renew their strength;
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Week 4 Day 2



DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM		t.
5:00 AM		2.
6:00 AM —		3.
7:00 AM		TO DO
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8:00 PM		<u> </u>
9:00 PM —		0
10:00 PM —		0
11:00 PM —		<u>o</u>

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Week 4 Day 3



DAY:

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TODAY I'M GRATEFUL FOR





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Week 4 Day 4



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		то ро
8:00 AM —		<u> </u>
9:00 AM		<u> </u>
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6:00 PM —		<u>o</u>
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8:00 PM		<u> </u>
9:00 PM —		<u> </u>
10:00 PM —		<u> </u>
11:00 PM		<u> </u>

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THINGS THAT NEED TO GET DONE 🤝



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NOTES		





DAY: _____

	SCHEDULE	MOST IMPORTANT
4.00 414		1.
4:00 AM —		2.
5:00 AM —		3.
6:00 AM		
7:00 AM		TO DO
8:00 AM —		0
9:00 AM —		0
10:00 AM		0
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10:00 PM —		<u> </u>
11:00 PM —		0

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THINGS THAT NEED TO GET DONE 😂



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Week 4 Day 6



DAY: _____

	SCHEDULE	MOST IMPORTANT	
4.00 444		1.	
4:00 AM —		2.	
5:00 AM —		3.	
6:00 AM —			
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THINGS THAT NEED TO GET DONE 😂

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NOTES	





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	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
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8:00 AM —		<u>o</u>
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12:00 PM		<u>o</u>
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2:00 PM —		0
3:00 PM —		0
4:00 PM —		0
5:00 PM —		0
6:00 PM —		0
7:00 PM —		0
8:00 PM —		<u>o</u>
9:00 PM —		0
10:00 PM —		0
11:00 PM —		0

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THINGS THAT NEED TO GET DONE 🤝



NOTES		

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they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.





GOAL1
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
OBSTACLES SO FAR
NEXT STEP
0
0
0





GOAL 2	
HOW I'M FEELING	
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	
OBSTACLES SO FAR	
NEXT STEP	
0	
0	





GOAL 3	
HOW I'M FEELING	
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	
OBSTACLES SO FAR	
NEXT STEP	
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HEARTCORE®

MARCH









WHAT AND WHY			
	ACHIEVE BY	/ /	
THE NEXT WEEK			
N THE NEXT MONTH			
N THE NEXT			







WHAT AND WHY			
	ACHIEVE BY	,	,
	ACHIEVE BY	/	1
I THE NEXT WEEK			
N THE NEXT WEEK			
N THE NEXT MONTH			
N THE NEXT			







		1
WHAT AND WHY		
	ACHIEVE BY / /	
		_
N THE NEXT WEEK		
IN THE NEXT MONTH		
IN THE NEXT		
IN THE NEXT		







MONTH/YEAR

Mon	Tue	Wed	Thu	Fri	Sat	Sun

NOTES			





DAY:		GOG	ETTI DONE
MY TOP PRIORITIES			
1.	2.	3.	
PRIORITY FOCUS			
			PIO P2O P3O
			P1O P2O P3O
			P1O P2O P3O
			P1O P2O P3O
			PIO P2O P3O
NOTES & THOUGHT			





DAY: _____

	SCHEDULE	MOSTIMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		TO DO
8:00 AM —		0
9:00 AM —		0
10:00 AM		0
11:00 AM —		0
12:00 PM		0
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5:00 PM —		0
6:00 PM —		0
7:00 PM —		0
8:00 PM		0
9:00 PM —		0
10:00 PM —		0
11:00 PM —		0

TODAY I'M GRATEFUL FOR







Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

THINGS THAT NEED TO GET DONE 😂



NOTES	

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

THINGS I DON'T WANT TO FORGET 😂

NOTES	

Week 1 Day 2



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		t.
5:00 AM -		2.
6:00 AM		3.
7:00 AM —		TO DO
8:00 AM —		0
9:00 AM —		0
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8:00 PM		<u>o</u>
9:00 PM		0
10:00 PM —		<u>o</u>
11:00 PM		<u> </u>

TODAY I'M GRATEFUL FOR







Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

THINGS THAT NEED TO GET DONE 🤝



NOTES			

NOTES

Matthew 28:19

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

THINGS I DON'T WANT TO FORGET 😂





DAY: -

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		то до
8:00 AM —		0
9:00 AM —		<u>o</u>
10:00 AM		0
11:00 AM —		0
12:00 PM		0
1:00 PM —		0
2:00 PM —		0
3:00 PM —		<u>o</u>
4:00 PM —		0
5:00 PM —		0
6:00 PM —		<u>o</u>
7:00 PM —		0
8:00 PM		<u>o</u>
9:00 PM —		0
10:00 PM —		0
11:00 PM —		<u>o</u>

TODAY I'M GRATEFUL FOR



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THINGS I DON'T WANT TO FORGET 🤝

NOTES	

Week 1 Day 4



DAY: _____

SCHEDULE	MOST IMPORTANT
	1.
	2.
	3.
	—— то DO
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THINGS I DON'T WANT TO FORGET 😂





DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		TO DO
8:00 AM —		0
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2:00 PM —		0
3:00 PM —		0
4:00 PM —		0
5:00 PM —		0
6:00 PM —		0
7:00 PM —		0
8:00 PM		0
9:00 PM —		0
10:00 PM —		0
11:00 PM —		0

TODAY I'M GRATEFUL FOR







Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

THINGS THAT NEED TO GET DONE 😂



NOTES			

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THINGS I DON'T WANT TO FORGET 😂

NOTES		

Week 1 Day 6



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		то ро
8:00 AM —		0
9:00 AM —		0
10:00 AM —		0
11:00 AM —		0
12:00 PM		0
1:00 PM —		0
2:00 PM —		0
3:00 PM —		0
4:00 PM —		<u>o</u>
5:00 PM —		0
6:00 PM —		0
7:00 PM —		0
8:00 PM —		0
9:00 PM —		0
10:00 PM —		0
11:00 PM —		0

TODAY I'M GRATEFUL FOR



Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

THINGS THAT NEED TO GET DONE 😂



NOTES		

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THINGS I DON'T WANT TO FORGET 😂

NOTES	





DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		- то ро
8:00 AM —		<u> </u>
9:00 AM —		<u>o</u>
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12:00 PM		0
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4:00 PM —		0
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7:00 PM —	\ a \ \ . \ . \ . \ . \ . \ . \ . \ . \	<u> </u>
8:00 PM —		<u> </u>
9:00 PM —		<u> </u>
10:00 PM —		
11:00 PM —		

TODAY I'M GRATEFUL FOR







Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

THINGS THAT NEED TO GET DONE 😂



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Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

THINGS I DON'T WANT TO FORGET 😂

NOTES		





GOALT	
HOW I'M FEELING	
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	
OBSTACLES SO FAR	
OBSTACLES SO FAR	
NEXT STEP	
0	
0	





GOAL 2
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
NEXT STEP
<u>) </u>
0
0







GOAL 3
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
NEXT STEP
<u>o</u>
0

NOTES & THOUGHT





DAT:	GO GETTI DONE
MY TOP PRIORITIES	
2.	3.
PRIORITY FOCUS	
	P1O P2O P3O
	P1O P2O P3O
	P1O P2O P3O
	PIO P2O P3O
	P1O P2O P3O
	PIQ P2Q P3Q
	PIO P2O P3O
	PIQ P2Q P3Q





DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM -		2.
		3.
6:00 AM —		TO DO
8:00 AM —		<u>•</u>
9:00 AM —		<u>o</u>
10:00 AM —		0
11:00 AM —		0
12:00 PM		<u>o</u>
1:00 PM —		0
2:00 PM —		0
3:00 PM —		0
4:00 PM —		0
5:00 PM —		0
6:00 PM —		0
7:00 PM —		<u>o</u>
8:00 PM —		<u>o</u>
9:00 PM —		0
10:00 PM —		0
11:00 PM		0

TODAY I'M GRATEFUL FOR



NOTES

Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.

THINGS THAT NEED TO GET DONE 🤝

Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.





DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		- то ро
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8:00 AM		0
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10:00 AM		•
11:00 AM — 12:00 PM —		0
		0
1:00 PM —		0
2:00 PM —		0
3:00 PM —		0
4:00 PM —		. •
5:00 PM —		0
6:00 PM —		
7:00 PM —		- 0
8:00 PM —		- <u>°</u>
9:00 PM —		<u> </u>
10:00 PM —		<u> </u>
11:00 PM —		<u> </u>

TODAY I'M GRATEFUL FOR







Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.

THINGS THAT NEED TO GET DONE 😂



NOTES		

Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.





DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		ТО DO
8:00 AM —		<u> </u>
9:00 AM —		<u> </u>
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11:00 AM —		<u> </u>
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3:00 PM —		<u> </u>
4:00 PM —		<u> </u>
5:00 PM —		<u> </u>
6:00 PM —		<u> </u>
7:00 PM —		<u> </u>
8:00 PM —		o
9:00 PM —		<u> </u>
10:00 PM —		<u> </u>
11:00 PM —		<u> </u>

TODAY I'M GRATEFUL FOR







Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.

THINGS THAT NEED TO GET DONE 🤝



NOTES	

Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.

Week 2 Day 4



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM -		2.
6:00 AM -		3.
7:00 AM —		то ро
8:00 AM —		0
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6:00 PM —		0
7:00 PM —		0
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10:00 PM —		0
11:00 PM		0

TODAY I'M GRATEFUL FOR



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THINGS THAT NEED TO GET DONE 🤝

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DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM -		2.
		3.
6:00 AM —		TO DO
7:00 AM		TO DO o
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11:00 AM —		0
12:00 PM		0
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2:00 PM —		0
3:00 PM -	_	0
4:00 PM —		0
5:00 PM —		<u>•</u>
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8:00 PM		0
9:00 PM —		<u>o</u>
10:00 PM —		0
11:00 PM -		<u>o</u>

TODAY I'M GRATEFUL FOR





Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.

THINGS THAT NEED TO GET DONE 😂



NOTES		

Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.

Week 2 Day 6



DAY:

	SCHEDULE	MOST IMPORTANT
		1.
0 AM —		2.
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PM —		<u> </u>
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PM —		
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PM —		<u> </u>
0 PM —		<u> </u>

TODAY I'M GRATEFUL FOR







Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.

THINGS THAT NEED TO GET DONE 😂



NOTES		

Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.





DAY: _____

	SCHEDULE	MOST IMPORTANT
:00 AM —		ı.
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MA 00		10 b0 o
00 AM —		0
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00 PM —		<u> </u>
00 PM —		<u> </u>

TODAY I'M GRATEFUL FOR



Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.

THINGS THAT NEED TO GET DONE 🤝



NOTES	

Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.





GOAL1
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
TOP 3 ACRIEVE MENTS
1-
<u> </u>
2-
3-
OBSTACLES SO FAR
NEXT STEP
0
0
0





GOAL 2
HOW I'M FEELING
NOW I W FEELING
TOD Z ACHIEVEMENTS
TOP 3 ACHIEVEMENTS .
1-
2-
3-
3-
OBSTACLES SO FAR
NEXT STEP
0
0
0
-





GOAL 3
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
NEXT STEP
O O
0
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DAY:		GOG	ETTI DONE
MY TOP PRIORITIES			
1.	2.	3.	
PRIORITY FOCUS			
			PIO P2O P3O
			P1O P2O P3O
			P1O P2O P3O
			P1O P2O P3O
			PIO P2O P3O
NOTES & THOUGHT			





DAY: -

	SCHEDULE	MOSTIMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		TO DO
8:00 AM —		0
9:00 AM —		0
10:00 AM		0
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6:00 PM —		0
7:00 PM —		0
8:00 PM		0
9:00 PM —		0
10:00 PM —		0
11:00 PM —		0

TODAY I'M GRATEFUL FOR







Psalms 121:1-2 NIV I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

THINGS THAT NEED TO GET DONE 😂



NOTES	

Psalms 121:1-2 NIV I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

NOTES		





DAY: -

	SCHEDULE	MOSTIMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		TO DO
8:00 AM —		0
9:00 AM —		0
10:00 AM		0
11:00 AM —		0
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1:00 PM —		0
2:00 PM —		0
3:00 PM —		0
4:00 PM —		0
5:00 PM —		0
6:00 PM —		0
7:00 PM —		0
8:00 PM		0
9:00 PM —		0
10:00 PM —		0
11:00 PM —		0

TODAY I'M GRATEFUL FOR







Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

THINGS THAT NEED TO GET DONE 🤝



NOTES	

Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

NOTES		





DAY: -

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		то ро
8:00 AM —		0
9:00 AM —		0
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11:00 AM —		0
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10:00 PM —		0
11:00 PM —		<u>o</u>

TODAY I'M GRATEFUL FOR







Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

THINGS THAT NEED TO GET DONE 😂



NOTES		

Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

NOTES		

Week 3 Day 4



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM —		t.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		то ро
8:00 AM —		
9:00 AM —		0
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10:00 AM —		
12:00 PM		0
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1:00 PM —		0
2:00 PM —		<u> </u>
3:00 PM —		0
4:00 PM —		0
5:00 PM — 6:00 PM —		0
7:00 PM —		
8:00 PM —		
9:00 PM —		
10:00 PM —		
11:00 PM		

TODAY I'M GRATEFUL FOR



Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

THINGS THAT NEED TO GET DONE 🤝



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Psalms 121:1-2 NIV

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DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		то ро
8:00 AM —		0
9:00 AM —		0
10:00 AM —		<u>o</u>
11:00 AM —		0
12:00 PM		<u>o</u>
1:00 PM —		<u>•</u>
2:00 PM —		0
3:00 PM —		0
4:00 PM —		0
5:00 PM —		0
6:00 PM —		0
7:00 PM —		0
8:00 PM —		0
9:00 PM —		0
10:00 PM —		<u>o</u>
11:00 PM —		<u>o</u>

TODAY I'M GRATEFUL FOR







Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

THINGS THAT NEED TO GET DONE 🤝



NOTES		

Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

Week 3 Day 6



DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		— то ро
8:00 AM —		
9:00 AM —		<u> </u>
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11:00 AM —		
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7:00 PM —		_ 0
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10:00 PM —		_ 0
11:00 PM		

TODAY I'M GRATEFUL FOR







Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

THINGS THAT NEED TO GET DONE 🤝



NOTES			

Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

EN

Week 3 Day 7



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM -		2.
6:00 AM -		3.
7:00 AM -		TO DO
8:00 AM —		0
9:00 AM —		0
10:00 AM		0
11:00 AM —		0
12:00 PM		0
1:00 PM		<u> </u>
2:00 PM —		0
3:00 PM		0
4:00 PM —		0
5:00 PM —		0
6:00 PM —		0
7:00 PM —		0
8:00 PM		0
9:00 PM —		0
10:00 PM —		0
11:00 PM		0

TODAY I'M GRATEFUL FOR







Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

THINGS THAT NEED TO GET DONE 🤝



NOTES		

Psalms 121:1-2 NIV

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

NOTES		

EN





GOAL1
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
NEXT STEP
0
0
0

EN

Goal Review



GOAL 2	_
HOW I'M FEELING	-
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	
OBSTACLES SO FAR	
NEXT STEP	
	_



Goal Review



GOAL 3
HOW I'M FEELING
-
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
NEXT STEP
0
0
0

EN





DAY:		GOG	ET IT DONE
MY TOP PRIORITIES			
1.	2.	3.	
PRIORITY FOCUS			
			P1O P2O P3O
NOTES & THOUGHT			





DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM		t.
5:00 AM —		2.
6:00 AM	_	3.
7:00 AM —		TO DO
8:00 AM —		<u>o</u>
9:00 AM —		0
10:00 AM		<u>o</u>
11:00 AM —		0
12:00 PM		<u>o</u>
1:00 PM —		<u>o</u>
2:00 PM —		<u>o</u>
3:00 PM —		0
4:00 PM —		<u>o</u>
5:00 PM —		0
6:00 PM —		<u>o</u>
7:00 PM —		<u>o</u>
8:00 PM		<u>o</u>
9:00 PM —		<u>o</u>
10:00 PM —		0
11:00 PM		0

TODAY I'M GRATEFUL FOR







1 Corinthians 16:13 "Be on your guard; stand firm in the faith; be courageous; be strong."

THINGS THAT NEED TO GET DONE 😂



NOTES		

1 Corinthians 16:13
"Be on your guard; stand firm in the faith;
be courageous; be strong."

Week 4 Day 2



DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		TO DO
8:00 AM —		0
9:00 AM —		0
10:00 AM		0
11:00 AM —		0
12:00 PM		0
1:00 PM —		<u> </u>
2:00 PM —		0
3:00 PM —		0
4:00 PM —		0
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9:00 PM —		0
10:00 PM —		0
11:00 PM		0

TODAY I'M GRATEFUL FOR







1 Corinthians 16:13 "Be on your guard; stand firm in the faith; be courageous; be strong."

THINGS THAT NEED TO GET DONE 😂



NOTES		

1 Corinthians 16:13
"Be on your guard; stand firm in the faith;
be courageous; be strong."

EN

Week 4 Day 3



DAY: _____

	SCHEDULE	MOST IMPORTANT
4:00 AM		ı.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		то ро
8:00 AM —		<u>o</u>
9:00 AM —		<u>o</u>
10:00 AM		0
11:00 AM —		<u>o</u>
12:00 PM		<u>o</u>
1:00 PM —		0
2:00 PM —		<u>o</u>
3:00 PM —		0
4:00 PM —		<u>o</u>
5:00 PM —		<u>o</u>
6:00 PM —		<u>o</u>
7:00 PM —		0
8:00 PM		<u>o</u>
9:00 PM —		<u>o</u>
10:00 PM —		<u> </u>
11:00 PM —		0

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DAY: -

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		то ро
8:00 AM —		<u>o</u>
9:00 AM —		0
10:00 AM		0
11:00 AM —		0
12:00 PM		<u>o</u>
1:00 PM —		0
2:00 PM —		0
3:00 PM —		0
4:00 PM —		0
5:00 PM —		0
6:00 PM —		0
7:00 PM —		0
8:00 PM	-	0
9:00 PM —		0
10:00 PM —		0
11:00 PM —		0

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THINGS THAT NEED TO GET DONE 😂



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Week 4 Day 5



DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM —		1.
5:00 AM —		2.
6:00 AM		3.
7:00 AM —		TO DO
8:00 AM —		0
9:00 AM —		0
10:00 AM		<u>o</u>
11:00 AM —		0
12:00 PM		<u> </u>
1:00 PM		0
2:00 PM —		<u>\circ</u>
3:00 PM —		<u>o</u>
4:00 PM —		<u>\circ</u>
5:00 PM —		<u> </u>
6:00 PM		<u>o</u>
7:00 PM —		<u>o</u>
8:00 PM		<u>o</u>
9:00 PM —		<u>o</u>
10:00 PM —		0
11:00 PM —		0

TODAY I'M GRATEFUL FOR







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THINGS THAT NEED TO GET DONE 😂



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DAY: -

	SCHEDULE	MOST IMPORTANT
4:00 AM		1.
5:00 AM —		2.
6:00 AM —		3.
7:00 AM —		то до
8:00 AM —		0
9:00 AM —		0
10:00 AM		<u>o</u>
11:00 AM —		0
12:00 PM		0
1:00 PM —		0
2:00 PM —		0
3:00 PM —		0
4:00 PM —		0
5:00 PM —		0
6:00 PM —		0
7:00 PM —		0
8:00 PM —		0
9:00 PM —		0
10:00 PM —		
11:00 PM —		0

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THINGS THAT NEED TO GET DONE 😂



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DAY:

	SCHEDULE	MOST IMPORTANT
4:00 AM —		ī.
		2.
5:00 AM —		3.
6:00 AM —		TO DO
7:00 AM —		TO DO
8:00 AM —		
9:00 AM —		0
10:00 AM		0
11:00 AM		0
12:00 PM		0
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2:00 PM —		<u> </u>
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4:00 PM —		0
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7:00 PM —		<u> </u>
8:00 PM —		0
9:00 PM —		<u> </u>
10:00 PM —		0
11:00 PM —		0

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EN





GOAL1	
HOW I'M FEELING	
TOP 3 ACHIEVEMENTS	
1-	
2-	
3-	
OBSTACLES SO FAR	
ODD FACELO SO FAIR	
NEXT STEP	
0	
0	
0	

EN





GOAL 2	
HOW I'M FEELING	-
TOP 3 ACHIEVEMENTS	
1-	-
	-
2-	_
	_
3-	
OBSTACLES SO FAR	
ODDINGEE SO TAK	_
	_
NEXT STEP	
0	
0	
	_
0	







GOAL 3
HOW I'M FEELING
TOP 3 ACHIEVEMENTS
1-
2-
3-
OBSTACLES SO FAR
NEXT STEP
0
0



HEARTCORE®