

Daily Plan

TODAY'S DATE

Choose one of the quotes you find in this book, or another that speaks to you for inspiration today.



DESIRED GOAL FOR TODAY

CHOOSE EXERCISES FROM THE GUIDEBOOK TO ACHIEVE THIS GOAL

	1	
	2	
	3	
	4	
	5	

WHAT WILL I DO TO FEEL GOOD TODAY?

TO DO TODAY

5:00a	
5:30	
6:00	
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12:00p	
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