

FULFILLING MY PASSION & PURPOSE

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Today's Date:	Today's Positive Message to Myself:	
Today's Healthy Behavior to Practice:		
Instead of		
l will		
BIG PROJECTS	MISCELLANEOUS PROJECTS	TIME SCHEDULE
MY REWARDS FOR COMPLETING:		
Immediate rewards:		
Long-term rewards:		
₩ HEALTH	FAMILY/SOCIAL	PERSONAL TO DOS
R E W A R D	R E W A R D	R E W A R D