

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

DAY:

DATE:

GOAL:



Woke Up

Q: *What are you grateful for today?*

morning

- Vitamins*
- Coffee*
- Meditation*
- Prayer*

Start Work

End Work

to do:

- #1 _____
- #2 _____
- #3 _____
- BONUS:** _____

daily: *Drops / Duolingo / TED / Master Class*

DO NOT FORGET !

evening

- Prep*
- Stretch*
- Read*
- Vitamins*

Bedtime