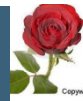


[MONTH]



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Find something to appreciate daily.	Clarify the "why" versus the task	Be at ease with where you are	Things are always changing. This will too pass.	Stretch and Shrug; You can't control everything	Use segments intending.	Just focus on "next Logical steps"
Let things in the far future (out of your control) take care of themselves	Stay future focused - daydream	Breathe, pause, and appreciate how much you've already achieved.	Take the "Progressive Refinement approach". Release early and often	Review "why" you are doing things	Release control, and go with the flow.	You can handle anything that comes
Keep the big picture in mind.	Break your tasks into sprints and buffers	Give the gift of asking for help	Chill. Does this really matter in the Big Picture	Review Delay, Delegate, Delete, Diminish w/ each task	Play, laugh, love. Do something fun everyday	Is this really Urgent? Or is it just happening NOW?
Is this propelling me forward? Or stalling me	Stretch and Shrug. Things are constantly changing. This too will pass.	You don't need the answer "now". It will appear when you need it.	Am I still excited about my future? Or stuck in my "what is"	Stay feeling forward, excitedly anticipating where you're heading.	"What is" is only a starting point. "What was" is irrelevant	Visualize how you want this event or item to flow. Project a good feeling vibration toward it
Relax, release, revitalize yourself	Worry, regrets, and guilt are wasted energy.	Free worry by realistically reviewing impact and probability	Don't take what people say or do personally. It's not about you.	Thank someone that really doesn't deserve	Give frequent BODs (Benefit of the Doubts) to others and you	Pause through out the day

Mon: [Date]	Tue: [Date]	Wed: [Date]	Thur: [Date]	Fri: [Date]
8	8	8	8	8
9	9	9	9	9
10	10	10	10	10
11	11	11	11	11
12	12	12	12	12
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
Evening	Evening	Evening	Evening	Evening