JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOTE

FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

NOTE

MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOTE

APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

NOTE

MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

NOTE

JUNE 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

NOTE

JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOTE

AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOTE

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

NOTE

OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOTE

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

NOTE

DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOTE

JAN 1. FRI

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 2. SAT

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 3. SUN

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 4. MON

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 5. TUE

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 6. WED

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- [ ] FAMILY TIME
- [ ] SPRITUAL TIME
- [ ] COMPLETE MITS
- [ ] 30 MIN FOCUS
- [ ] DAILY EXERCISE
- [ ] DAILY REFLECTION

JAN 7. THU

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 8. FRI

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 9. SAT

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 10. SUN

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 11. MON

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 12. TUE

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 13. WED

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 14. THU

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 15. FRI

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 16. SAT

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 17. SUN

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 18. MON

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 19. TUE

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 20. WED

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 21. THU

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 22. FRI

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 23. SAT

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 24. SUN

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 25. MON

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 26. TUE

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 27. WED

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 28. THU

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 29. FRI

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 30. SAT

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JAN 31. SUN

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 1. MON

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 2. TUE

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 3. WED

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 4. THU

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 5. FRI

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 6. SAT

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 7. SUN

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 8. MON

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 9. TUE

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 10. WED

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 11. THU

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 12. FRI

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 13. SAT

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 14. SUN

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 15. MON

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 16. TUE

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 17. WED

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 18. THU

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 19. FRI

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 20. SAT

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 21. SUN

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 22. MON

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 23. TUE

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 24. WED

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 25. THU

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 26. FRI

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 27. SAT

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

FEB 28. SUN

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 1. MON

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 2. TUE

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 3. WED

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 4. THU

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
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MITs (Most Important Tasks)

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CONTEMPLATION

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- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 5. FRI

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
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MITs (Most Important Tasks)

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CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 6. SAT

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
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MITs (Most Important Tasks)

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- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 7. SUN

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
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MITs (Most Important Tasks)

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- ☐ DAILY EXERCISE
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MAR 8. MON

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30	31	1	2	3
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MITs (Most Important Tasks)

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- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 9. TUE

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
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MITs (Most Important Tasks)

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- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 10. WED

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
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MITs (Most Important Tasks)

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- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 11. THU

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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MITs (Most Important Tasks)

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- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 12. FRI

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
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MITs (Most Important Tasks)

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- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 13. SAT

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 14. SUN

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 15. MON

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 16. TUE

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 17. WED

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 18. THU

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 19. FRI

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 20. SAT

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 21. SUN

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 22. MON

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 23. TUE

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 24. WED

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 25. THU

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 26. FRI

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 27. SAT

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 28. SUN

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 29. MON

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 30. TUE

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAR 31. WED

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 1. THU

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 2. FRI

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 3. SAT

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 4. SUN

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 5. MON

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 6. TUE

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 7. WED

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 8. THU

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 9. FRI

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 10. SAT

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 11. SUN

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 12. MON

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 13. TUE

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 14. WED

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 15. THU

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 16. FRI

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
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MITs (Most Important Tasks)

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 17. SAT

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 18. SUN

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 19. MON

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 20. TUE

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 21. WED

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 22. THU

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 23. FRI

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 24. SAT

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 25. SUN

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 26. MON

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 27. TUE

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 28. WED

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 29. THU

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

APR 30. FRI

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 1. SAT

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 2. SUN

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 3. MON

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 4. TUE

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 5. WED

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 6. THU

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 7. FRI

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 8. SAT

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 9. SUN

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 10. MON

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 11. TUE

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 12. WED

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 13. THU

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 14. FRI

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 15. SAT

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 16. SUN

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 17. MON

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 18. TUE

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 19. WED

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 20. THU

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 21. FRI

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 22. SAT

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 23. SUN

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 24. MON

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 25. TUE

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 26. WED

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 27. THU

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 28. FRI

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 29. SAT

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 30. SUN

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

MAY 31. MON

25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 1. TUE

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 2. WED

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 3. THU

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 4. FRI

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 5. SAT

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 6. SUN

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 7. MON

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 8. TUE

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 9. WED

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 10. THU

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 11. FRI

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 12. SAT

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 13. SUN

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 14. MON

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 15. TUE

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 16. WED

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 17. THU

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 18. FRI

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 19. SAT

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 20. SUN

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 21. MON

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 22. TUE

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 23. WED

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 24. THU

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 25. FRI

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 26. SAT

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 27. SUN

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 28. MON

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 29. TUE

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUN 30. WED

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 1. THU

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 2. FRI

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 3. SAT

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 4. SUN

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 5. MON

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 6. TUE

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 7. WED

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 8. THU

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 9. FRI

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 10. SAT

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 11. SUN

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 12. MON

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 13. TUE

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 14. WED

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 15. THU

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 16. FRI

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 17. SAT

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 18. SUN

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 19. MON

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 20. TUE

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 21. WED

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 22. THU

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 23. FRI

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 24. SAT

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 25. SUN

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 26. MON

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 27. TUE

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 28. WED

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 29. THU

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 30. FRI

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

JUL 31. SAT

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 1. SUN

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 2. MON

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 3. TUE

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 4. WED

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 5. THU

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 6. FRI

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 7. SAT

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 8. SUN

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 9. MON

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 10. TUE

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 11. WED

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 12. THU

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
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- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 13. FRI

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 14. SAT

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 15. SUN

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 16. MON

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 17. TUE

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 18. WED

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 19. THU

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 20. FRI

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 21. SAT

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 22. SUN

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 23. MON

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 24. TUE

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 25. WED

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 26. THU

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 27. FRI

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 28. SAT

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 29. SUN

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 30. MON

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

AUG 31. TUE

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 1. WED

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 2. THU

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 3. FRI

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 4. SAT

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 5. SUN

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 6. MON

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 7. TUE

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 8. WED

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 9. THU

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 10. FRI

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 11. SAT

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 12. SUN

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 13. MON

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 14. TUE

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 15. WED

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 16. THU

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 17. FRI

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 18. SAT

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 19. SUN

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 20. MON

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 21. TUE

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 22. WED

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 23. THU

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 24. FRI

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 25. SAT

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 26. SUN

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 27. MON

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 28. TUE

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 29. WED

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

SEP 30. THU

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 1. FRI

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 2. SAT

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 3. SUN

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 4. MON

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 5. TUE

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 6. WED

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 7. THU

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 8. FRI

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 9. SAT

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 10. SUN

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 11. MON

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 12. TUE

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 13. WED

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 14. THU

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 15. FRI

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 16. SAT

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 17. SUN

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 18. MON

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 19. TUE

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 20. WED

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 21. THU

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 22. FRI

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 23. SAT

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 24. SUN

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 25. MON

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 26. TUE

26	27	28	29	30	1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 27. WED

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 28. THU

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 29. FRI

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 30. SAT

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

OCT 31. SUN

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 1. MON

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 2. TUE

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 3. WED

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 4. THU

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 5. FRI

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 6. SAT

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 7. SUN

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 8. MON

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 9. TUE

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 10. WED

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 11. THU

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 12. FRI

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 13. SAT

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 14. SUN

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 15. MON

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 16. TUE

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 17. WED

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 18. THU

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 19. FRI

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 20. SAT

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 21. SUN

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 22. MON

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 23. TUE

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 24. WED

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 25. THU

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 26. FRI

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 27. SAT

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 28. SUN

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 29. MON

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

NOV 30. TUE

28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 1. WED

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 2. THU

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 3. FRI

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 4. SAT

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 5. SUN

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 6. MON

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 7. TUE

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 8. WED

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 9. THU

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 10. FRI

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 11. SAT

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 12. SUN

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 13. MON

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 14. TUE

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 15. WED

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 16. THU

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 17. FRI

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 18. SAT

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 19. SUN

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 20. MON

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 21. TUE

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 22. WED

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 23. THU

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 24. FRI

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 25. SAT

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 26. SUN

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

- ☐ FAMILY TIME
- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 27. MON

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 28. TUE

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

CONTEMPLATION

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 29. WED

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 30. THU

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

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- ☐ SPRITUAL TIME
- ☐ COMPLETE MITS
- ☐ 30 MIN FOCUS
- ☐ DAILY EXERCISE
- ☐ DAILY REFLECTION

DEC 31. FRI

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	5	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MITs (Most Important Tasks)

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JOURNAL

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- ☐ DAILY EXERCISE
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