

Date:

Thought:

This Days' Human Connection:

Thrilling primary outcome:

Training Plan:

Today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Brain Clutter Released:

**DELEGATIONS**

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**MIND POPS**

**Appointments**

Time	Notes
_____	_____
_____	_____
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**To:**

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