

Daily Plan: Small specific/measurable goals in each area.

Physically:

Spiritually:

Emotionally:

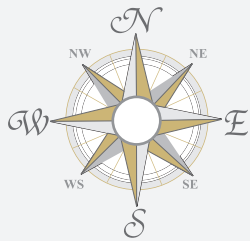
Sexually:

Execution of Daily Plan (Actions) What went well/what needs improvement?

Lessons learned to incorporate into tomorrow's plan

Plan-Execute-Lessons learned – Plan-Execute-Lessons learned – Plan-Execute-Lessons learned





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