First 30 Days	SMTWTFS	Date	Day 1 /
"The secret to your success is for Emma Car		Morning Grattitude	
	Brain Power	Ň	
6:00		Today's Power Goal	
7:00			
3:00			
:00			
0:00		Today'Aims	Brain boosts:
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1:00		2	
2:00		3	
3:00		Today's Wins	🕑 What did I ac

14:00

15:00

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19:00

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1 2 3	V
Today's Wins	What did I achieve?
Today's Learnings	How will I rebound?
Evening Grattitude	

Day 1 / Week 1

First 30 Day	/S

SMTWTFS

"You	will	never	change	your	life	until	you	change	something	you	do	daily.'
					J	John M	laxwe	ell				

Brain	Power

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21:00	

Date	Day 2 / Week 1	

Morning Grattitude

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Today's Power Goal

Today'Aims 1 2	Brain boosts:
3	
Today's Wins	What did I achieve?
Today's Learnings	How will I rebound?
Evening Grattitude	

SMTWTFS

"Working hard for something we don't care about is called stress. Working hard for something we love is called passion." Simon Sinek

R	Brain	Power
10		

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Date E	Day 3 / Week 1
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Morning Grattitude

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Today's Power Goal

Today'Aims 1 2	Brain boosts:
3	
Today's Wins	What did I achieve?
Today's Learnings	How will I rebound?
Evening Grattitude	
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