

*“The secret to your success is found in your daily routine.”*  
Emma Carroll

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- 7:00 .....
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- 19:00 .....
- 20:00 .....
- 21:00 .....

 Brain Power

Morning Gratitude

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Today's Power Goal

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Today's Aims

1 .....  
 2 .....  
 3 .....

 Brain boosts:


Today's Wins

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 What did I achieve?

Today's Learnings

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 How will I rebound?

Evening Gratitude

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*“You will never change your life until you change something you do daily.”*  
 John Maxwell

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*“Working hard for something we don’t care about is called stress.  
Working hard for something we love is called passion.”*  
Simon Sinek

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