

# Mornings Matter

GOALS FOR THE WEEK

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*Daily Medication*

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

THIS WEEK I WOULD LIKE TO START MY DAY WITH...

HEALTHY BREAKFAST

EXERCISE

QUIET TIME

PRODUCTIVITY

*And I'll track my progress here*

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



*Can my current habits get me to my desired future?*

- James Clear

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