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☒ TO START ☒ OK ☒ DELAY ☒ STUCK ☒ CANCEL

DAILY PLANNER

DATE: _____

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TODAY'S SCHEDULE

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I'M GRATEFUL FOR

PRIORITY OF THE DAY

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WATER INTAKE



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TO CALL / TO EMAIL

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LUNCH PLAN

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DINNER PLAN

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● TO START ☒ OK ☐ → DELAY ☐ / STUCK ☐ X CANCEL

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