



## MY SCHEDULE

5:00 \_\_\_\_\_  
5:30 \_\_\_\_\_  
6:00 \_\_\_\_\_  
6:30 \_\_\_\_\_  
7:00 \_\_\_\_\_  
7:30 \_\_\_\_\_  
8:00 \_\_\_\_\_  
8:30 \_\_\_\_\_  
9:00 \_\_\_\_\_  
9:30 \_\_\_\_\_  
10:00 \_\_\_\_\_  
10:30 \_\_\_\_\_  
11:00 \_\_\_\_\_  
11:30 \_\_\_\_\_  
12:00 \_\_\_\_\_  
12:30 \_\_\_\_\_  
1:00 \_\_\_\_\_  
1:30 \_\_\_\_\_  
2:00 \_\_\_\_\_  
2:30 \_\_\_\_\_  
3:30 \_\_\_\_\_  
4:00 \_\_\_\_\_  
4:30 \_\_\_\_\_  
5:00 \_\_\_\_\_  
5:30 \_\_\_\_\_  
6:00 \_\_\_\_\_  
6:30 \_\_\_\_\_  
7:00 \_\_\_\_\_  
7:30 \_\_\_\_\_  
8:00 \_\_\_\_\_  
8:30 \_\_\_\_\_  
9:00 \_\_\_\_\_  
9:30 \_\_\_\_\_  
10:00 \_\_\_\_\_

## AFFIRMATION FOR THE DAY

\_\_\_\_\_  
\_\_\_\_\_

## ELEMENTS OF WELLNESS

**Intellectual**

**Financial**

**Social**

**Emotional**

**Physical**

**Nutritional**

**Occupational**

**Entrepreneurial**

**Spiritual**

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## PRIMARY GOALS

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## SECONDARY GOALS

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 \_\_\_\_\_  
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## ITEMS TO BE DELEGATED

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