



**HAVASS**  
Academy & Coaching

## DAY 7

### *Good Morning!*

Today is a great day for you to rest and take in what you have learned and practiced!

If you like, you can write your insights and experiences from the whole week on the worksheet and leave reminders for yourself.

If you say, "No, I want to rest," that's fine too. Then tear off the page! :)

Don't forget to download and print out next week's work agenda!



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