

# Thursday 1/1/2015 New Year's Day

*Don't work for work's sake!*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Friday 2/1/2015

*If people like Juliana can do it, fuck, so can I!*

### Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Saturday 3/1/2015

*You're awesome!*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Sunday 4/1/2015

*Clean up after yourself as you go. It goes for your notebook as well.*

### Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Monday 5/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first." ~ M Twain*

## Schedule

6:00 – 6:50 Conditioning.  
7:00 – 8:30 Productivity (personal).  
9:00 – 12:30 Productivity (company).  
12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.  
Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Tuesday 6/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first." ~ M Twain*

### Schedule

6:00 – 6:50 Conditioning.  
7:00 – 8:30 Productivity (personal).  
9:00 – 12:30 Productivity (company).  
12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.  
Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Wednesday 7/1/2015

*Am I being productive or just active?*

### Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

Go swimming.

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Thursday 8/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first." ~ M Twain*

### Schedule

6:00 – 6:50 Conditioning.  
7:00 – 8:30 Productivity (personal).  
9:00 – 12:30 Productivity (company).  
12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.  
Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Friday 9/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first." ~ M Twain*

### Schedule

6:00 – 6:50 Conditioning.  
7:00 – 8:30 Productivity (personal).  
9:00 – 12:30 Productivity (company).  
12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.  
Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Saturday 10/1/2015

*Don't work for work's sake!*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Sunday 11/1/2015

*Am I being productive or just active?*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Monday 12/1/2015

*Clean up after yourself as you go. It goes for your notebook as well.*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Tuesday 13/1/2015

*Don't work for work's sake!*

### Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Wednesday 14/1/2015

*Don't work for work's sake!*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

Go swimming.

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Thursday 15/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first." ~ M Twain*

### Schedule

6:00 – 6:50 Conditioning.  
7:00 – 8:30 Productivity (personal).  
9:00 – 12:30 Productivity (company).  
12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.  
Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Friday 16/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

### Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Saturday 17/1/2015

*Don't work for work's sake!*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Sunday 18/1/2015

*If people like Juliana can do it, fuck, so can I!*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Monday 19/1/2015 Martin Luther King, Jr. Day

*Am I being productive or just active?*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

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*Opportunities for improvement*

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## Tuesday 20/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

### Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Wednesday 21/1/2015

*If people like Juliana can do it, fuck, so can I!*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

Go swimming.

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Thursday 22/1/2015

*Am I being productive or just active?*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Friday 23/1/2015

*Clean up after yourself as you go. It goes for your notebook as well.*

### Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Saturday 24/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Sunday 25/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first." ~ M Twain*

### Schedule

6:00 – 6:50 Conditioning.  
7:00 – 8:30 Productivity (personal).  
9:00 – 12:30 Productivity (company).  
12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.  
Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Monday 26/1/2015

*If people like Juliana can do it, fuck, so can I!*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Tuesday 27/1/2015

*Am I being productive or just active?*

### Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Wednesday 28/1/2015

*If people like Juliana can do it, fuck, so can I!*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

Go swimming.

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Thursday 29/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first." ~ M Twain*

### Schedule

6:00 – 6:50 Conditioning.  
7:00 – 8:30 Productivity (personal).  
9:00 – 12:30 Productivity (company).  
12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.  
Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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## Friday 30/1/2015

*Clean up after yourself as you go. It goes for your notebook as well.*

### Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

### Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

### Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

### Today's Challenge

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### Gratitude

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### Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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# Saturday 31/1/2015

*Am I being productive or just active?*

## Schedule

6:00 – 6:50 Conditioning.

7:00 – 8:30 Productivity (personal).

9:00 – 12:30 Productivity (company).

12:30 – 13:30 Recharge.

## Morning Ritual Checklist (6:00)

*Meditation. Set timer to 30 min. Cardio and power-posing.*

*Gratitude. Review the day. Shower.*

## Pre-Sleep Ritual Checklist (22:00)

*Keep off the blue light. Brush your teeth. Plan the next day. Clean your room. Read until 23:20. Then meditate and sleep.*

## Today's Challenge

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## Gratitude

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## Today's Tasks

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## Pomodoros

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## Reflection

*What went well*

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*Opportunities for improvement*

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