

# DAILY JOURNAL

TODAY IS: \_\_\_\_\_

## TASKS

☐☐☐

## AGENDA

⋮	_____
⋮	_____
⋮	_____
⋮	_____
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⋮	_____

**"If you're going to try, go all the way.  
Otherwise, don't even start." -Charles Bukowski**

## HABIT TRACKER

HOMEWORK

MEDITATE

EXERCISE

HYPERGRATE	1	2
	3	4
	5	6
	7	8

## GRATITUDE

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**POSTIVE DIRECTION  
SELF STUDY**