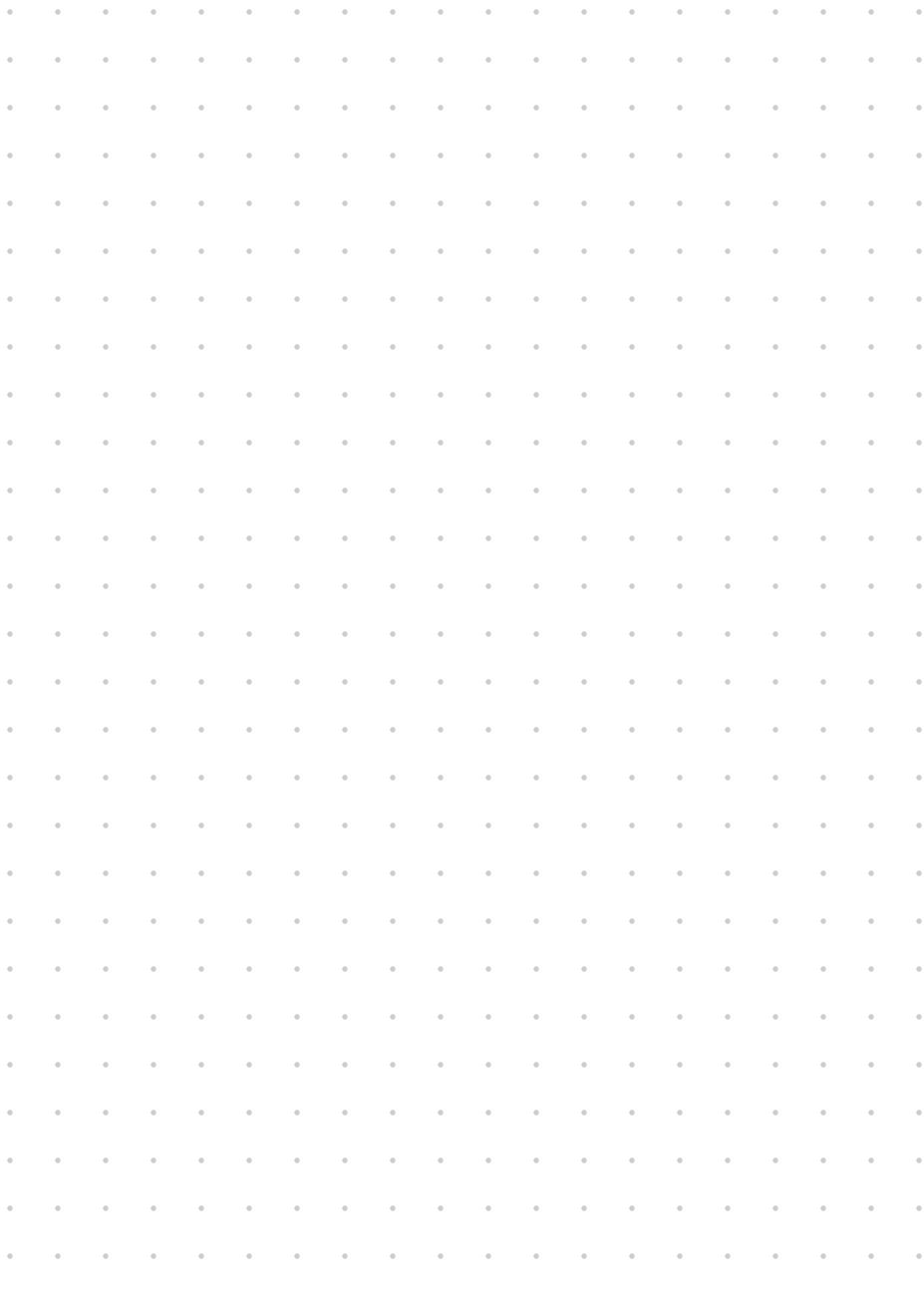


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Prompt: How can you eliminate one distraction from your workspace?

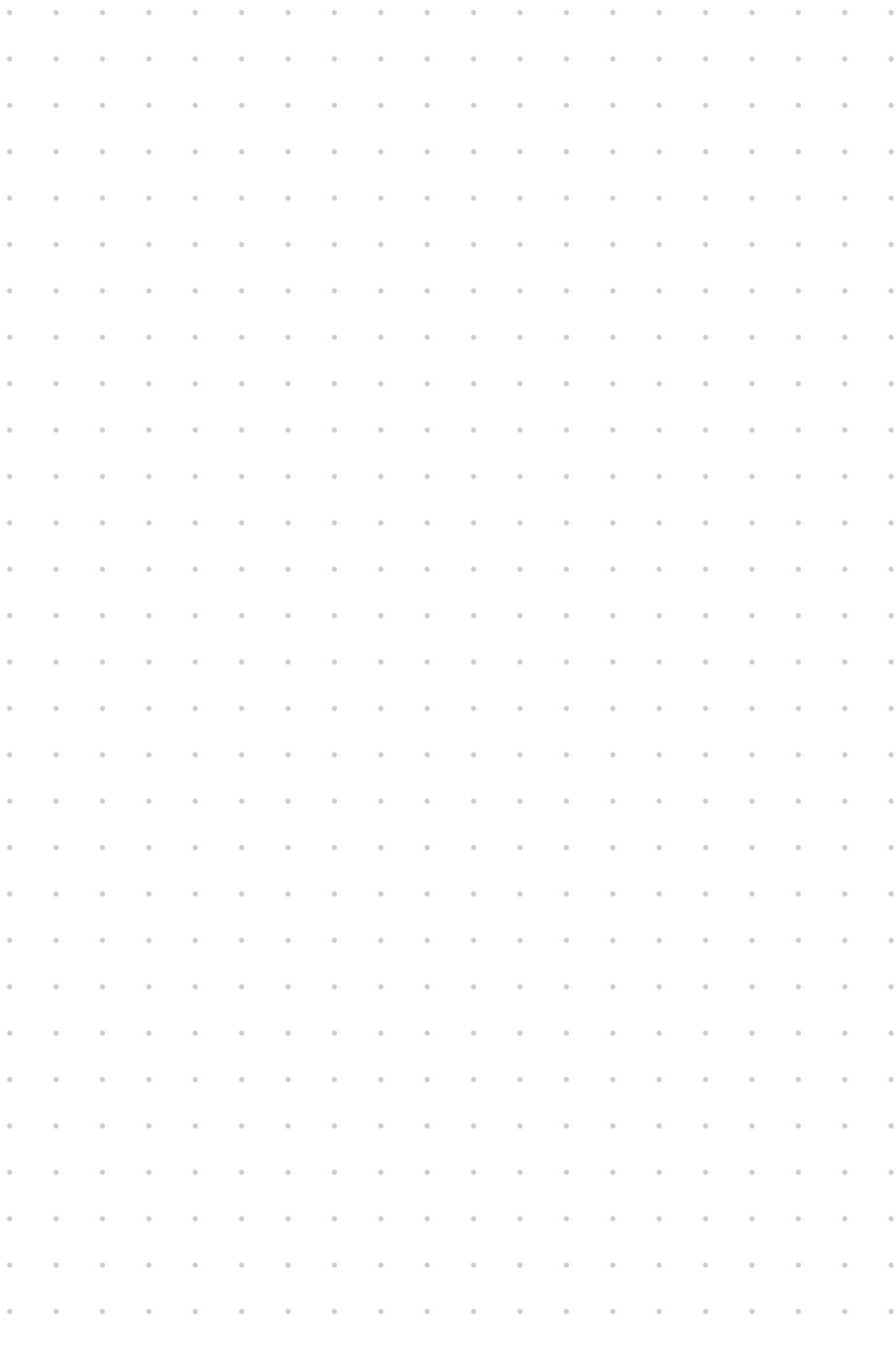


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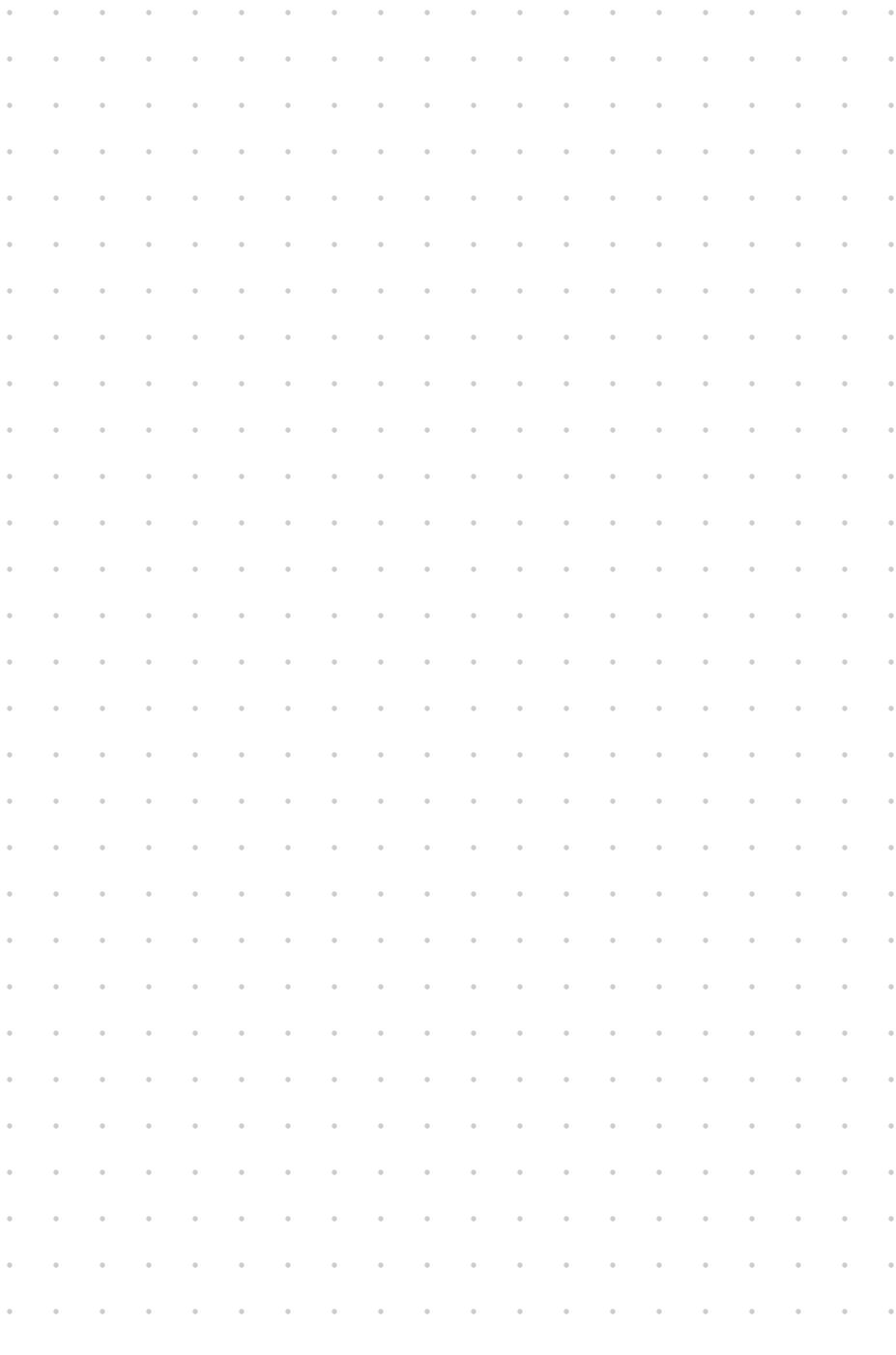
Prompt: What is the one most important task you want to accomplish today?

A large grid of 100 horizontal dotted lines, spaced evenly down the page, intended for journaling or writing practice.

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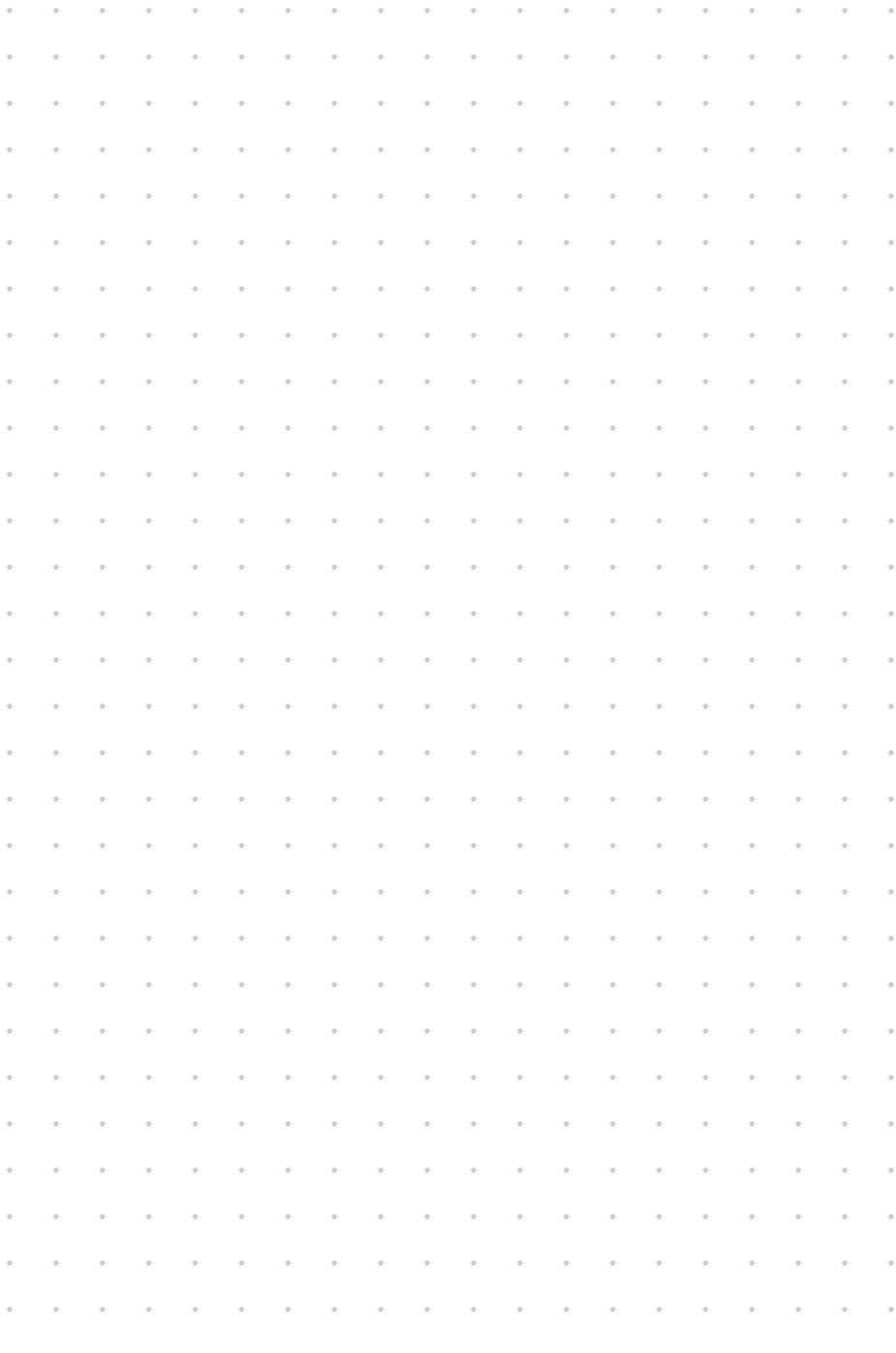
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A full page of dot-grid paper, consisting of a grid of small, evenly spaced dots arranged in rows and columns, intended for writing notes or drawing.

Focused Journal

A blank sheet of dot-grid paper, consisting of a grid of small, evenly spaced dots arranged in rows and columns, intended for writing notes or drawing.

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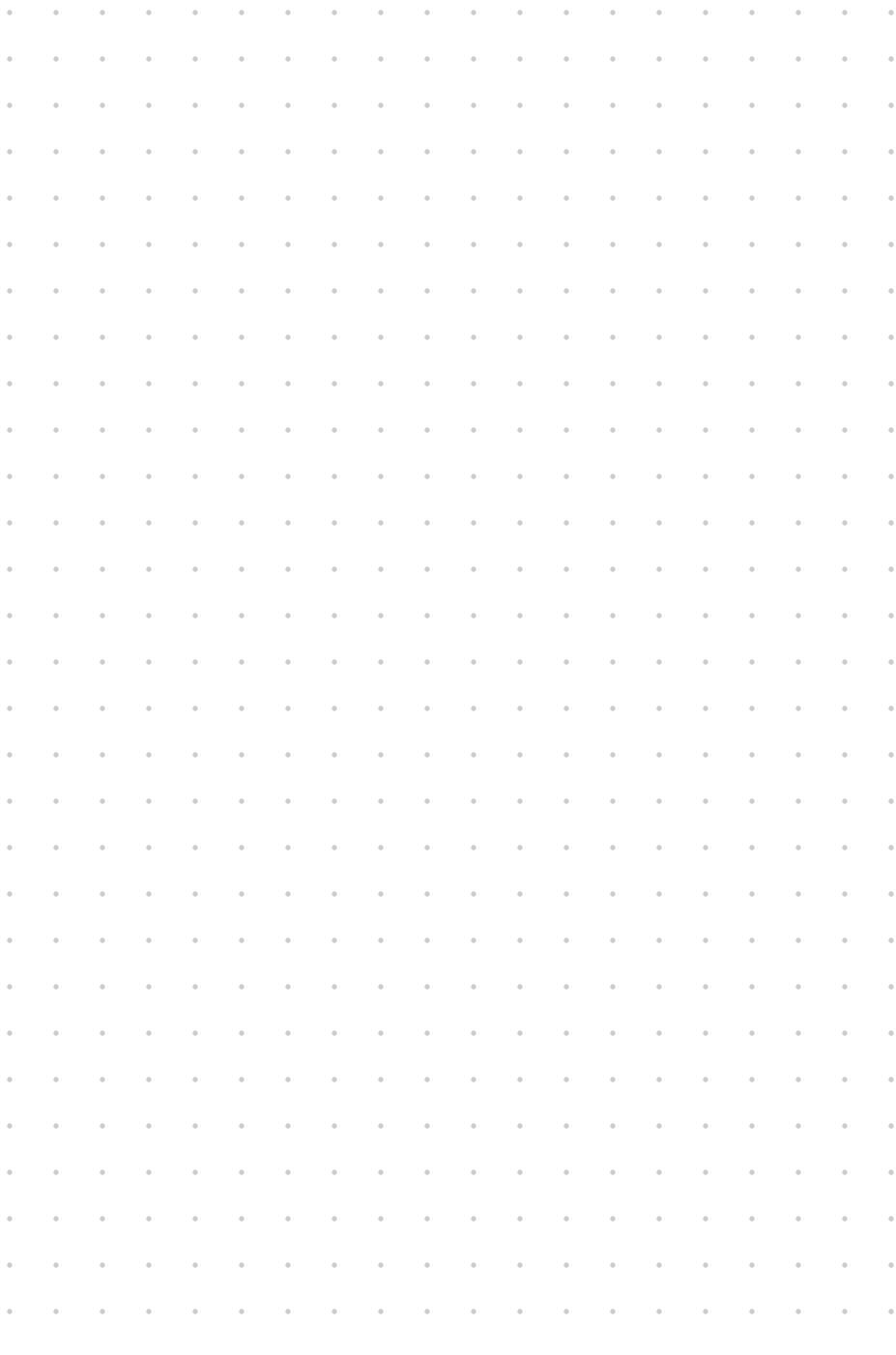
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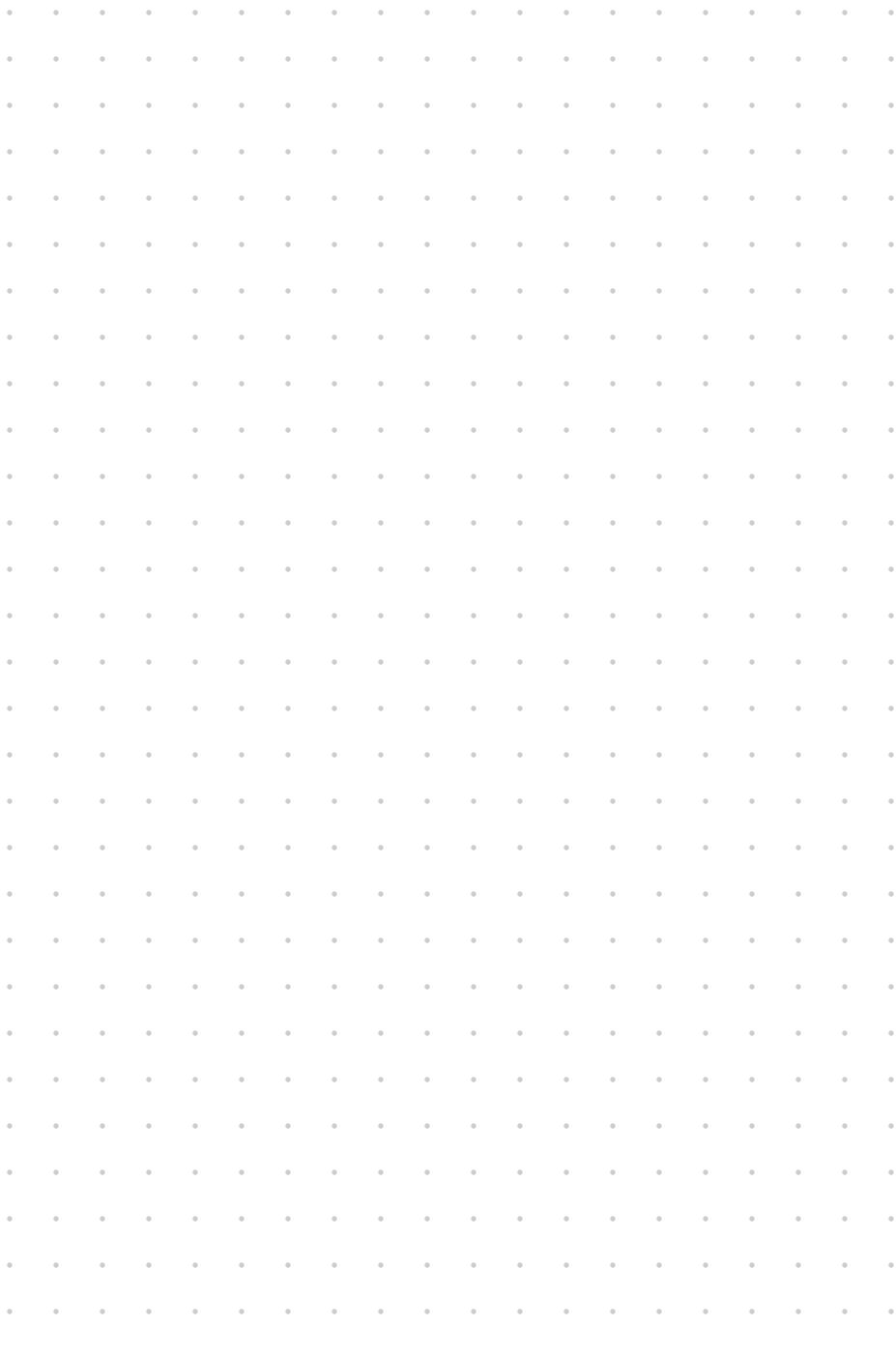
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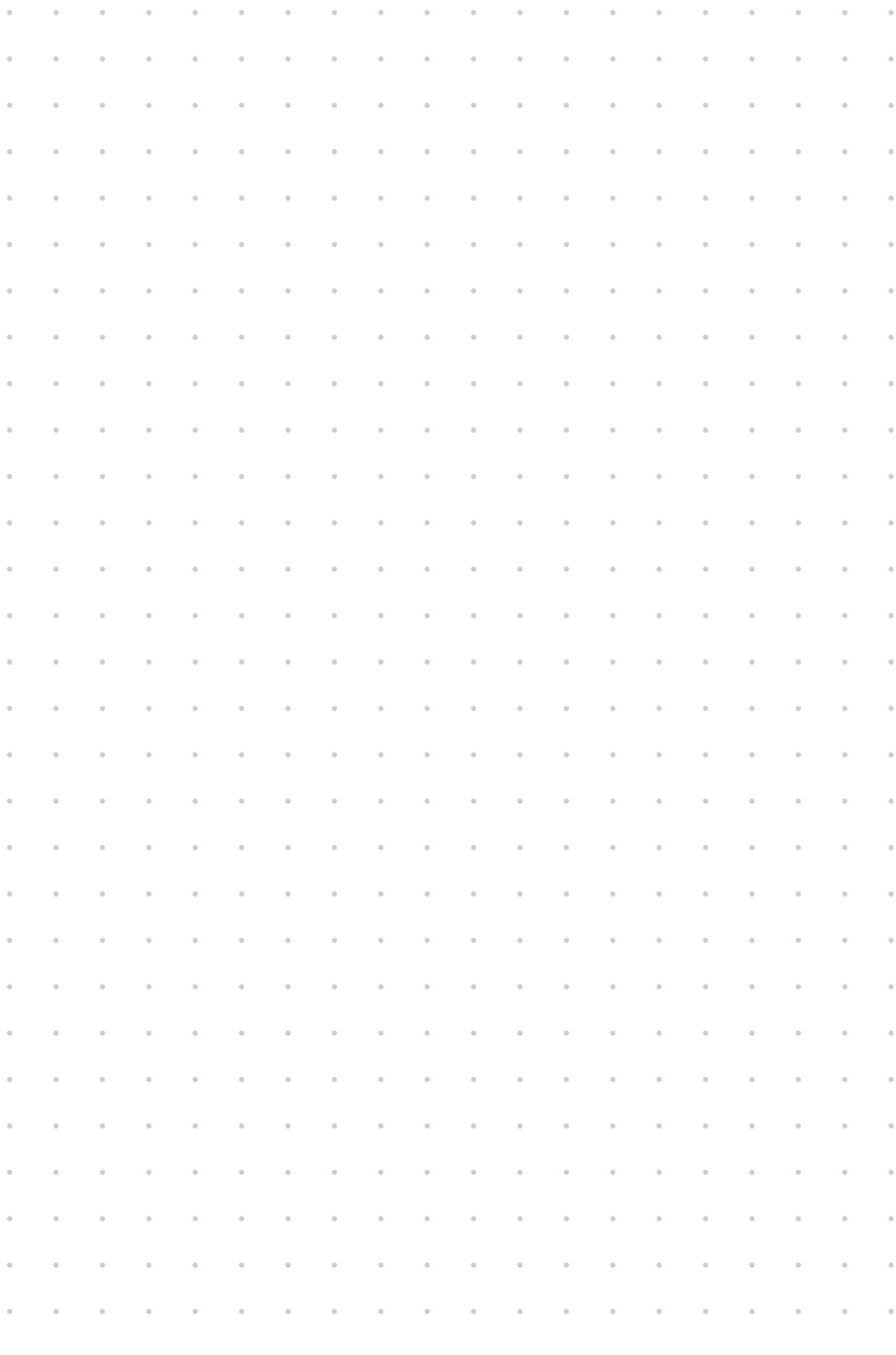
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A blank sheet of dot-grid paper, consisting of a grid of small, evenly spaced dots arranged in rows and columns, intended for handwritten notes or drawings.

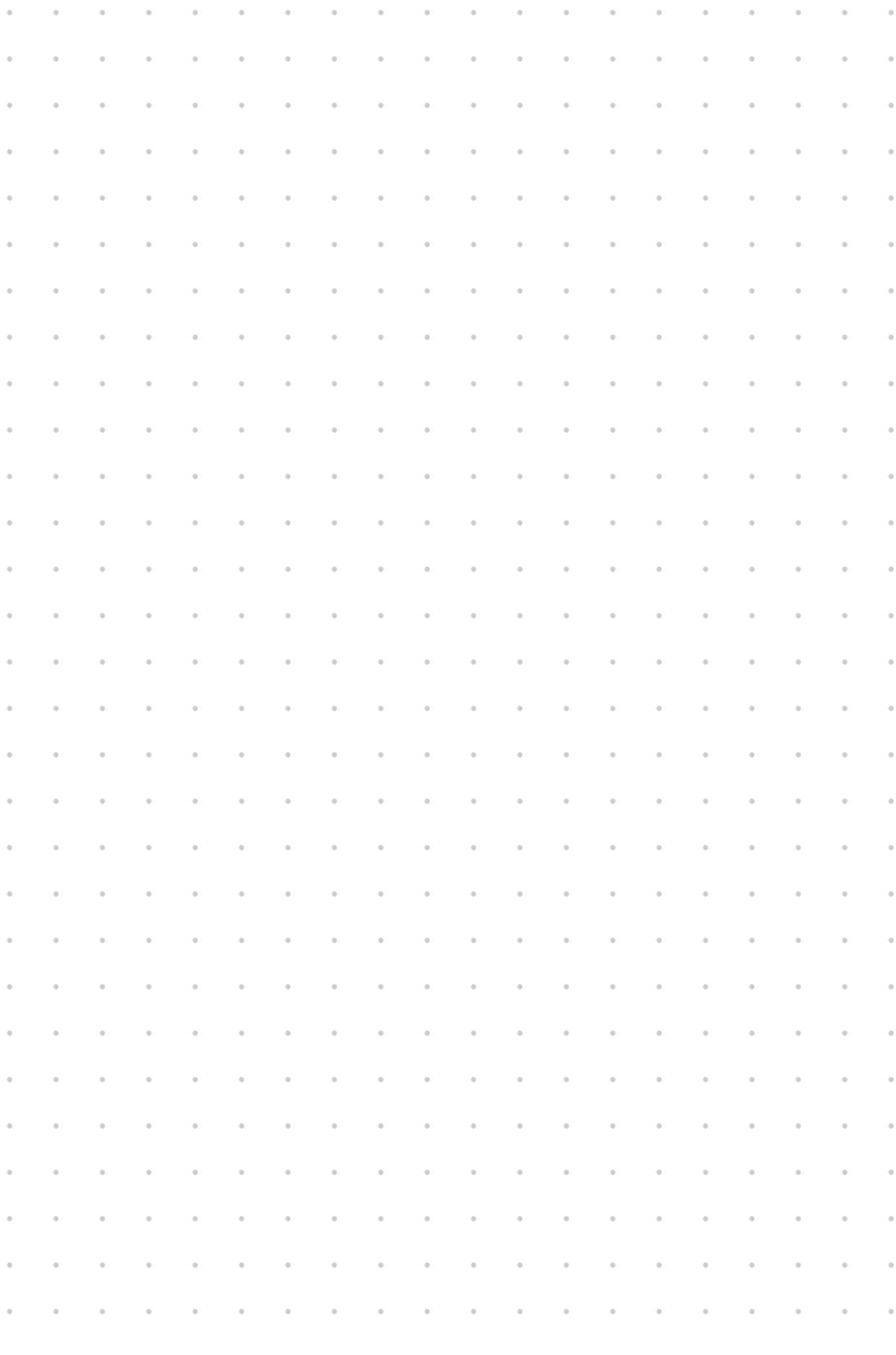
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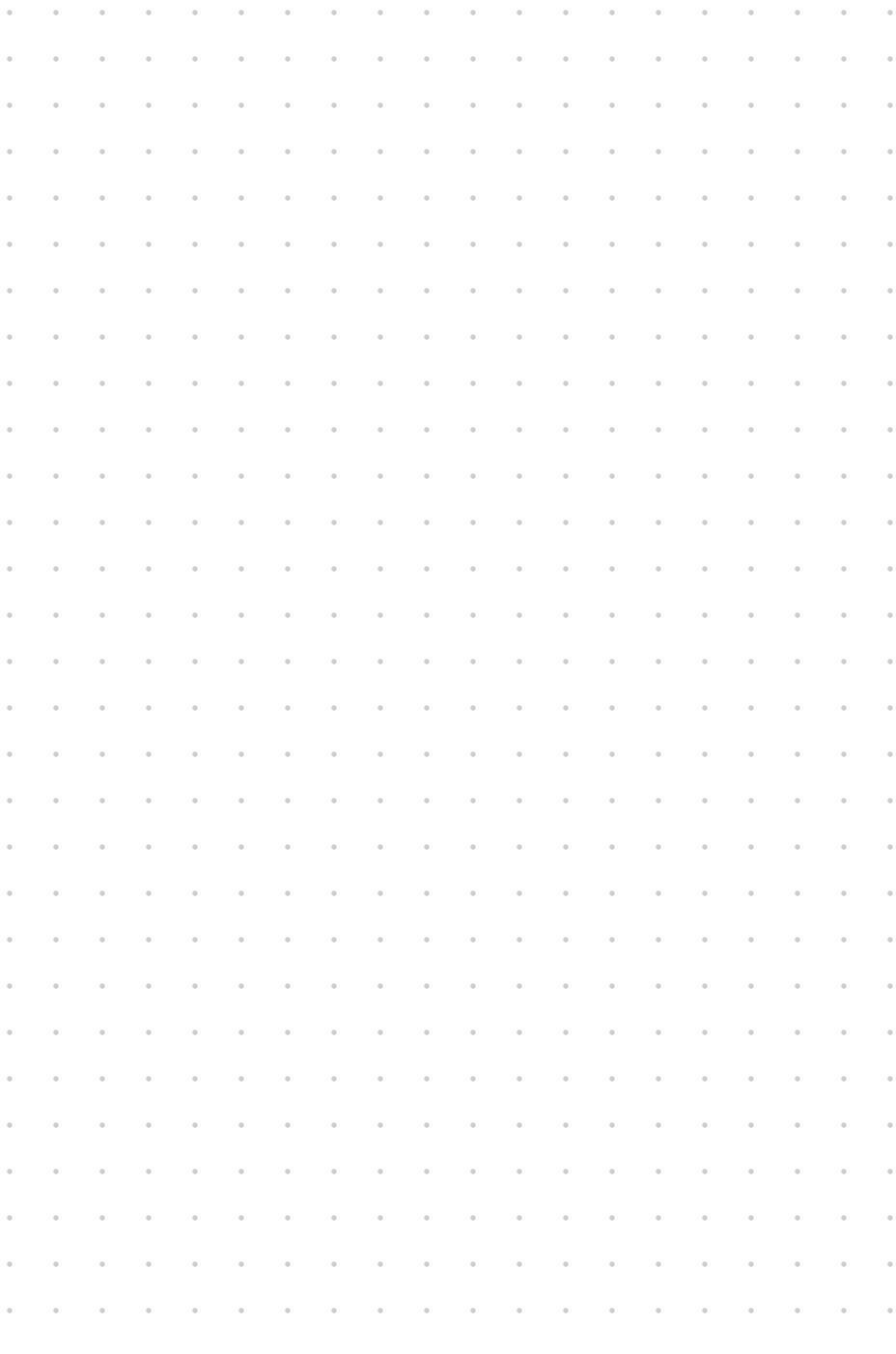
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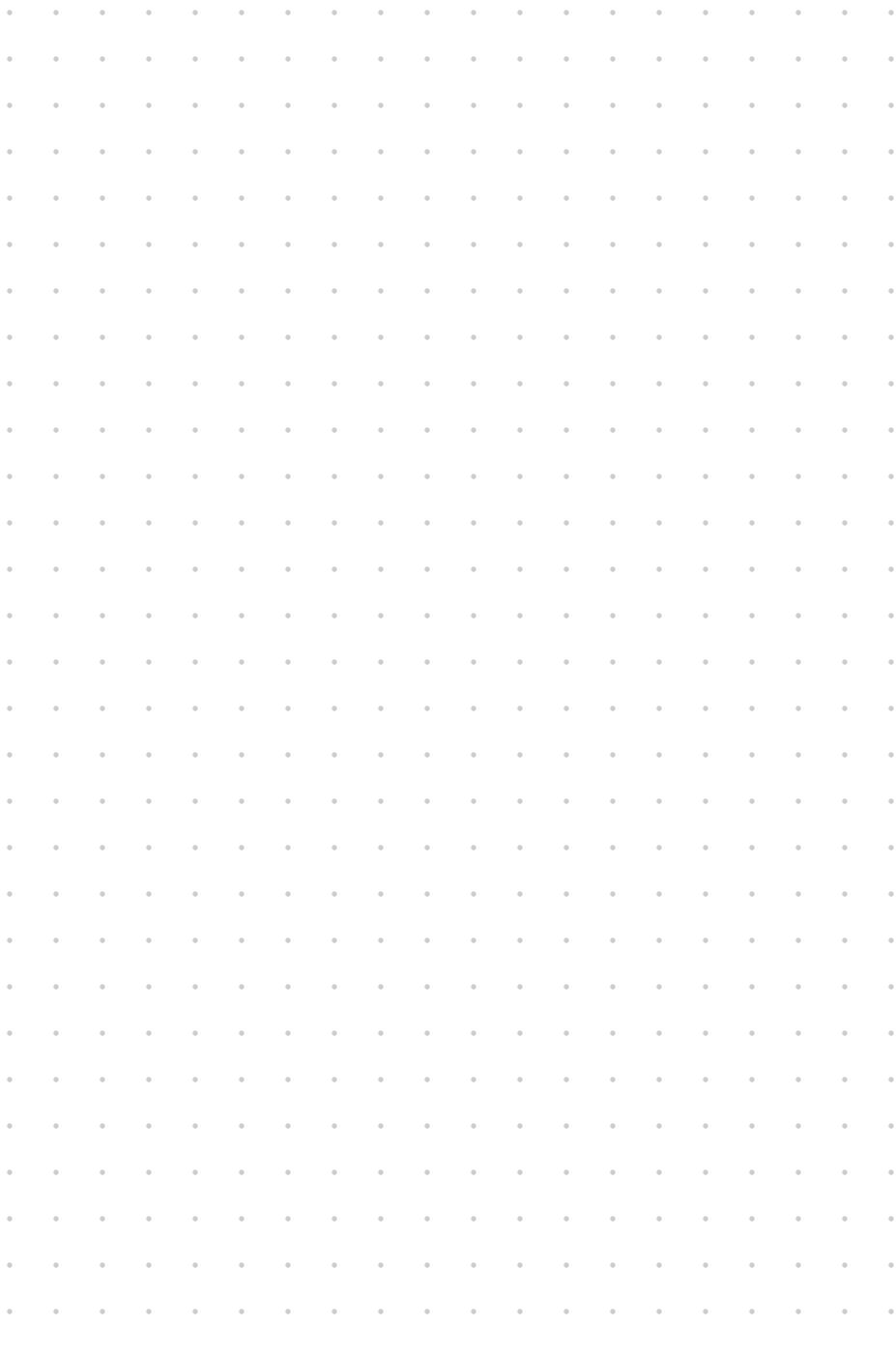
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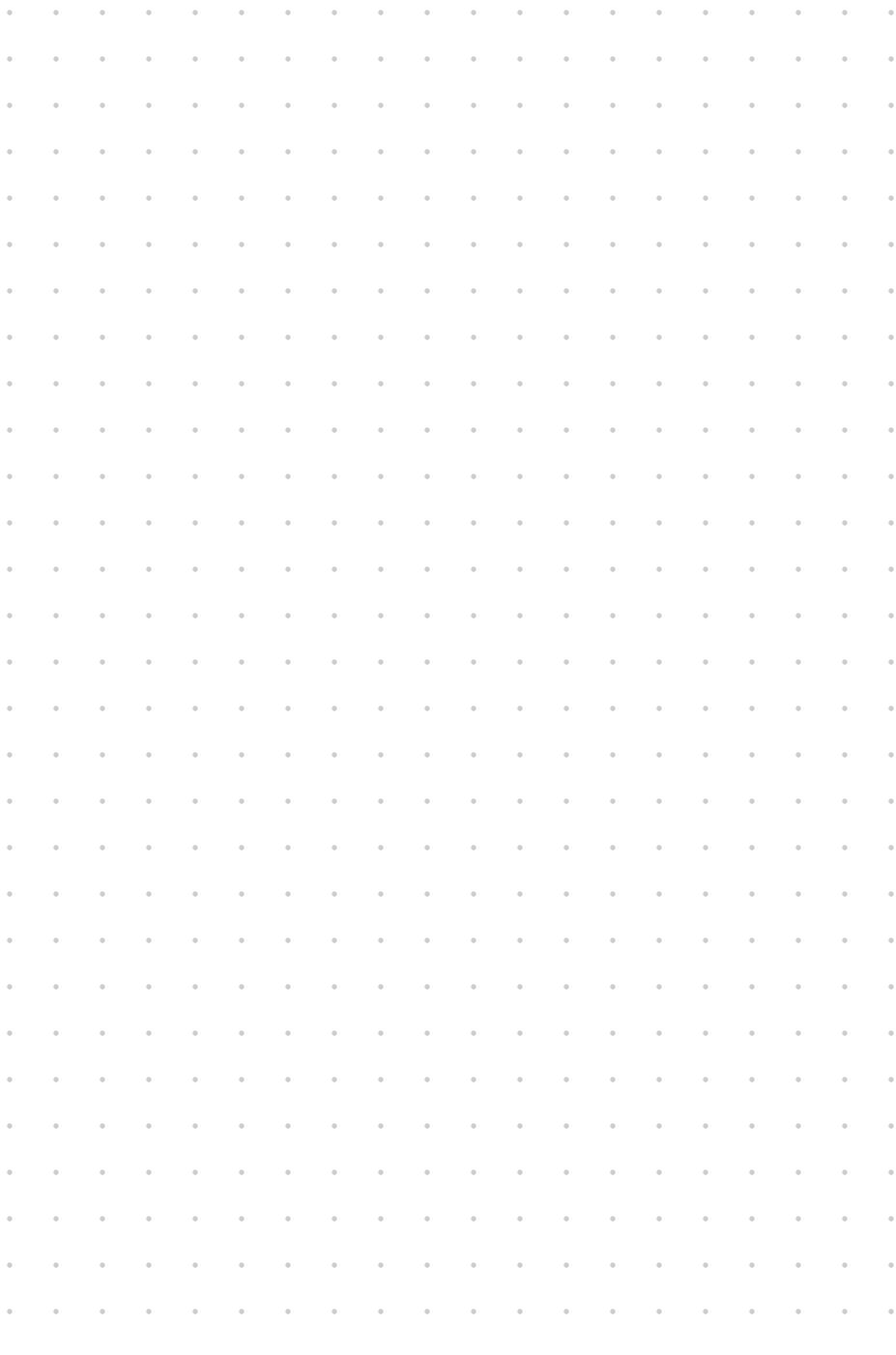
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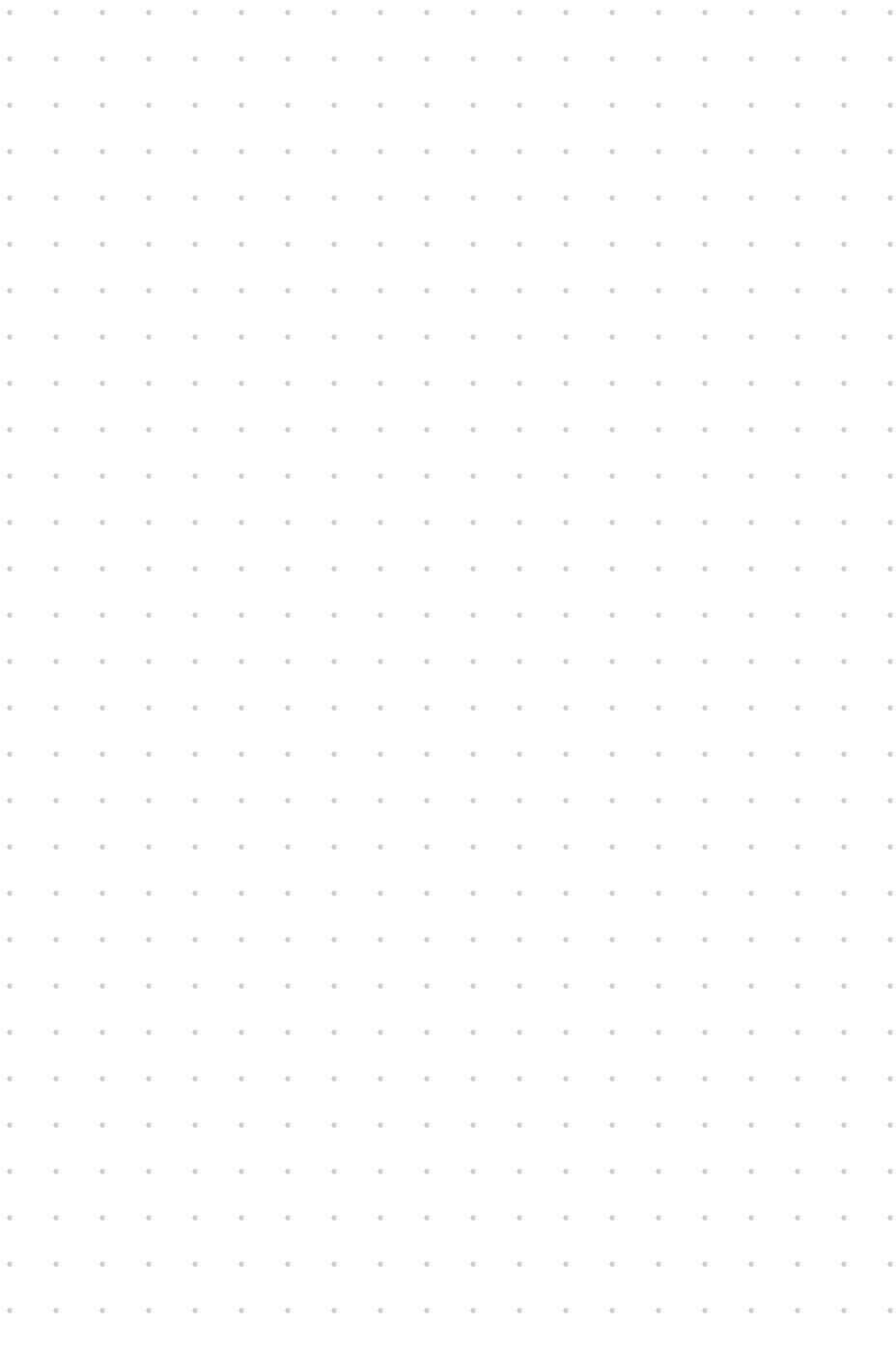
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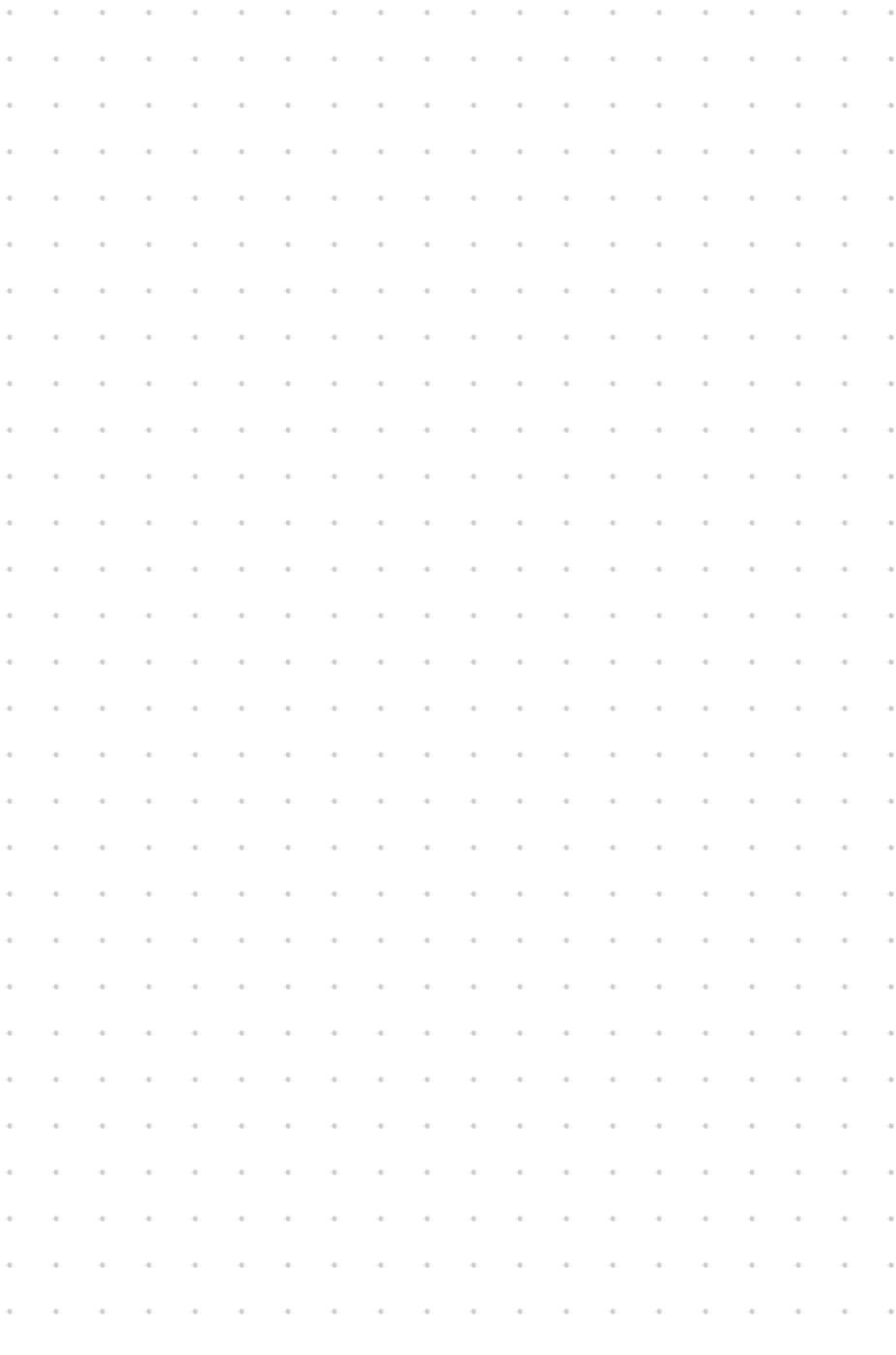
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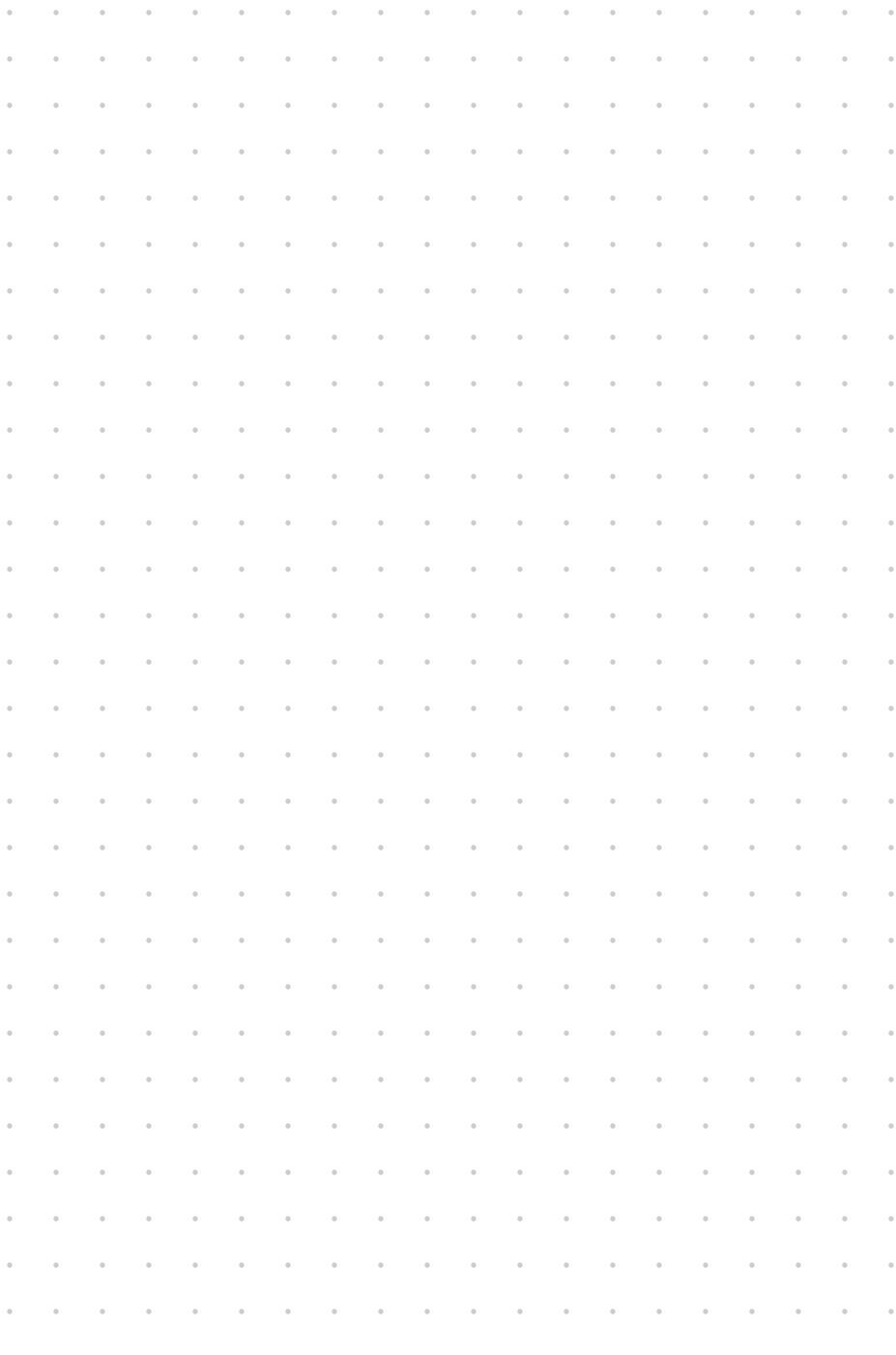
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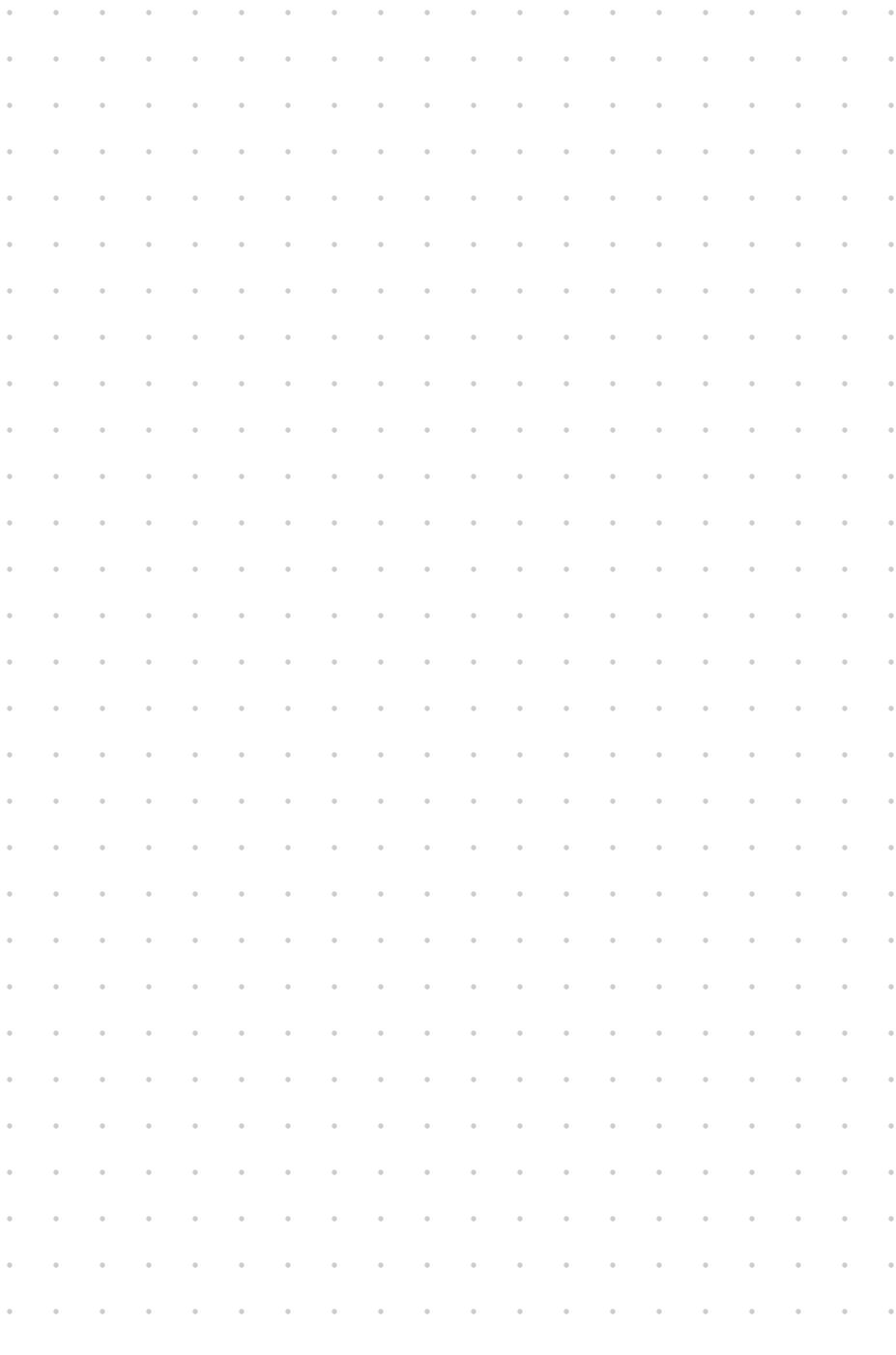
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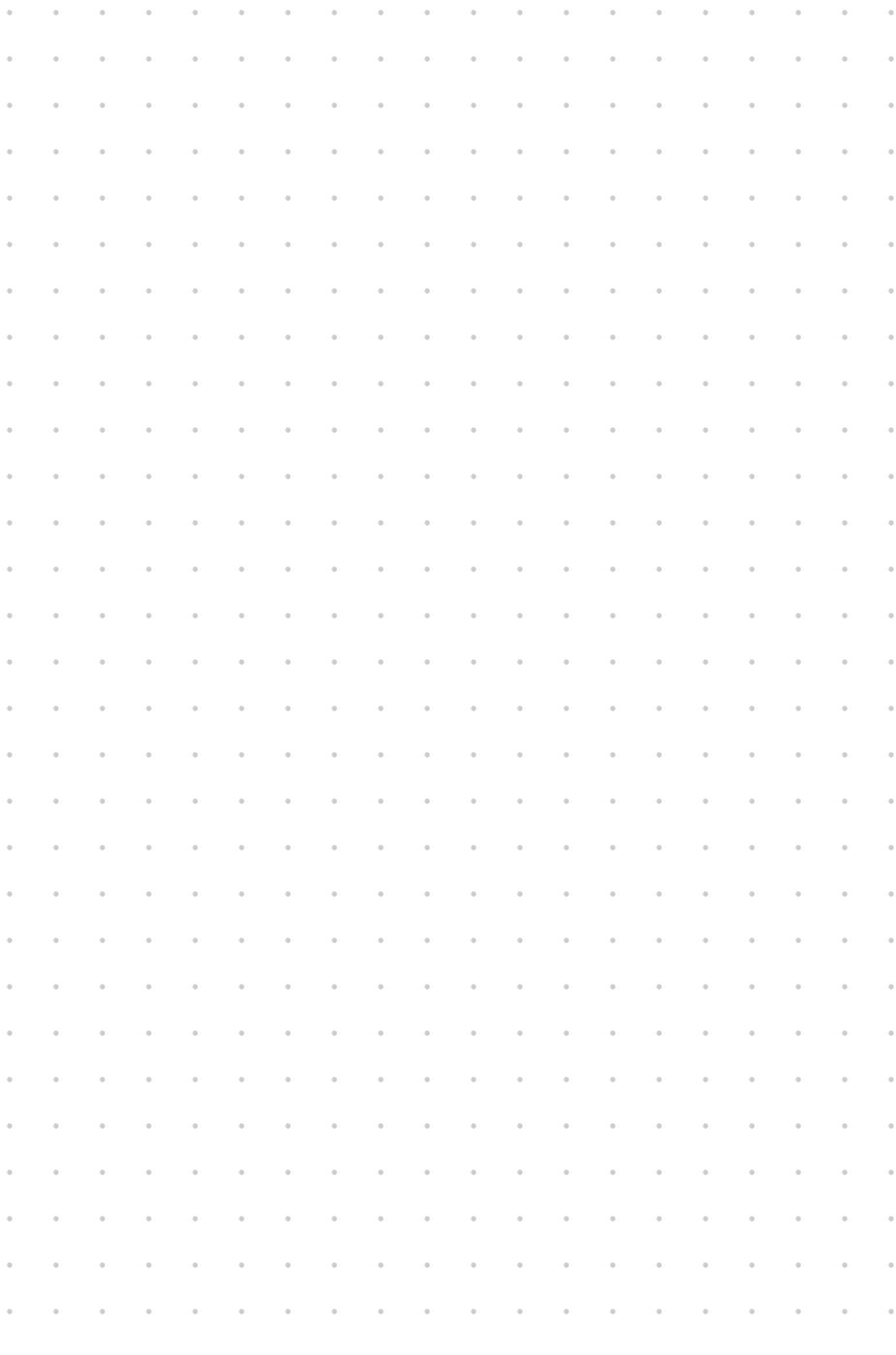
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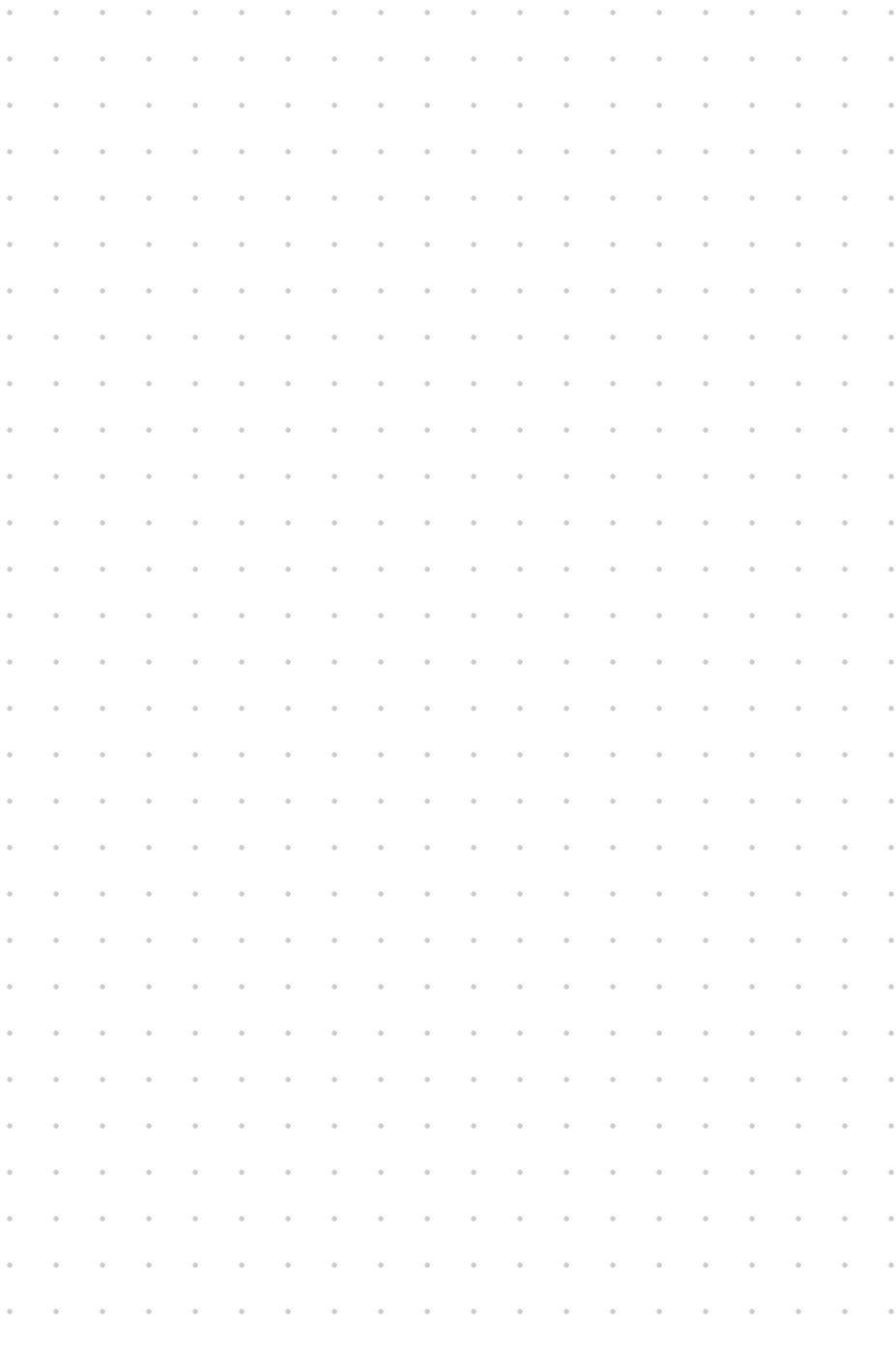
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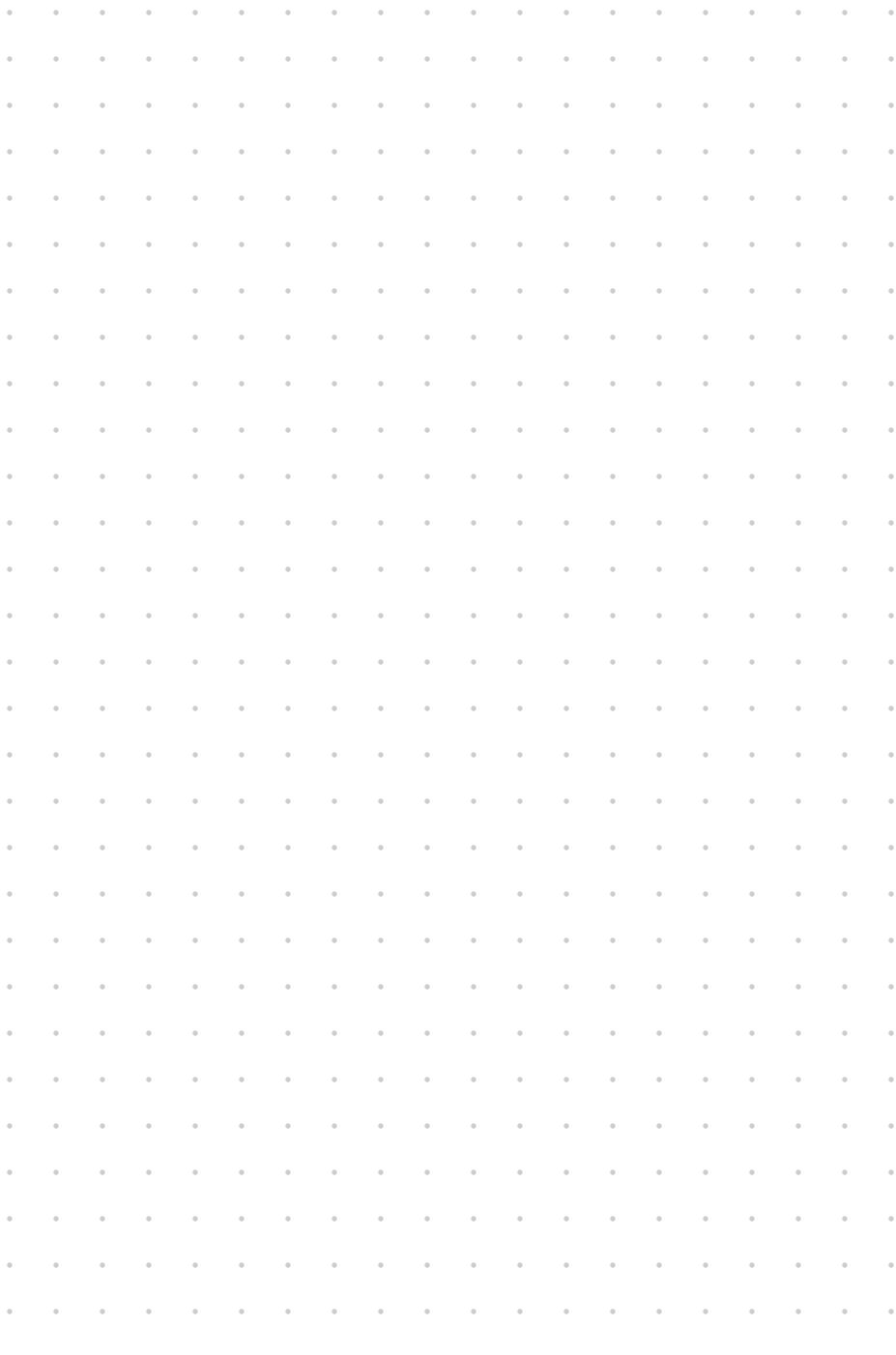
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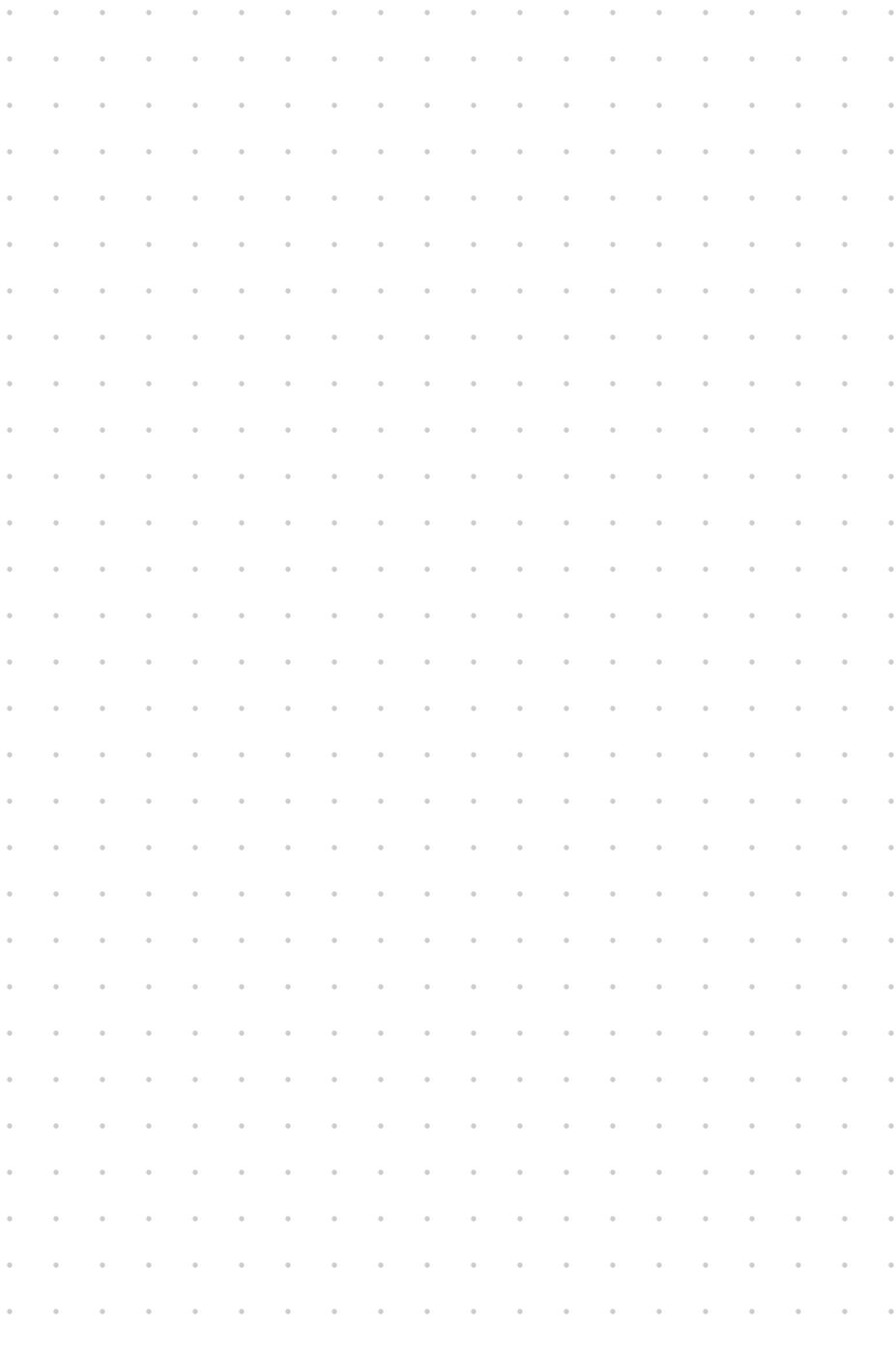
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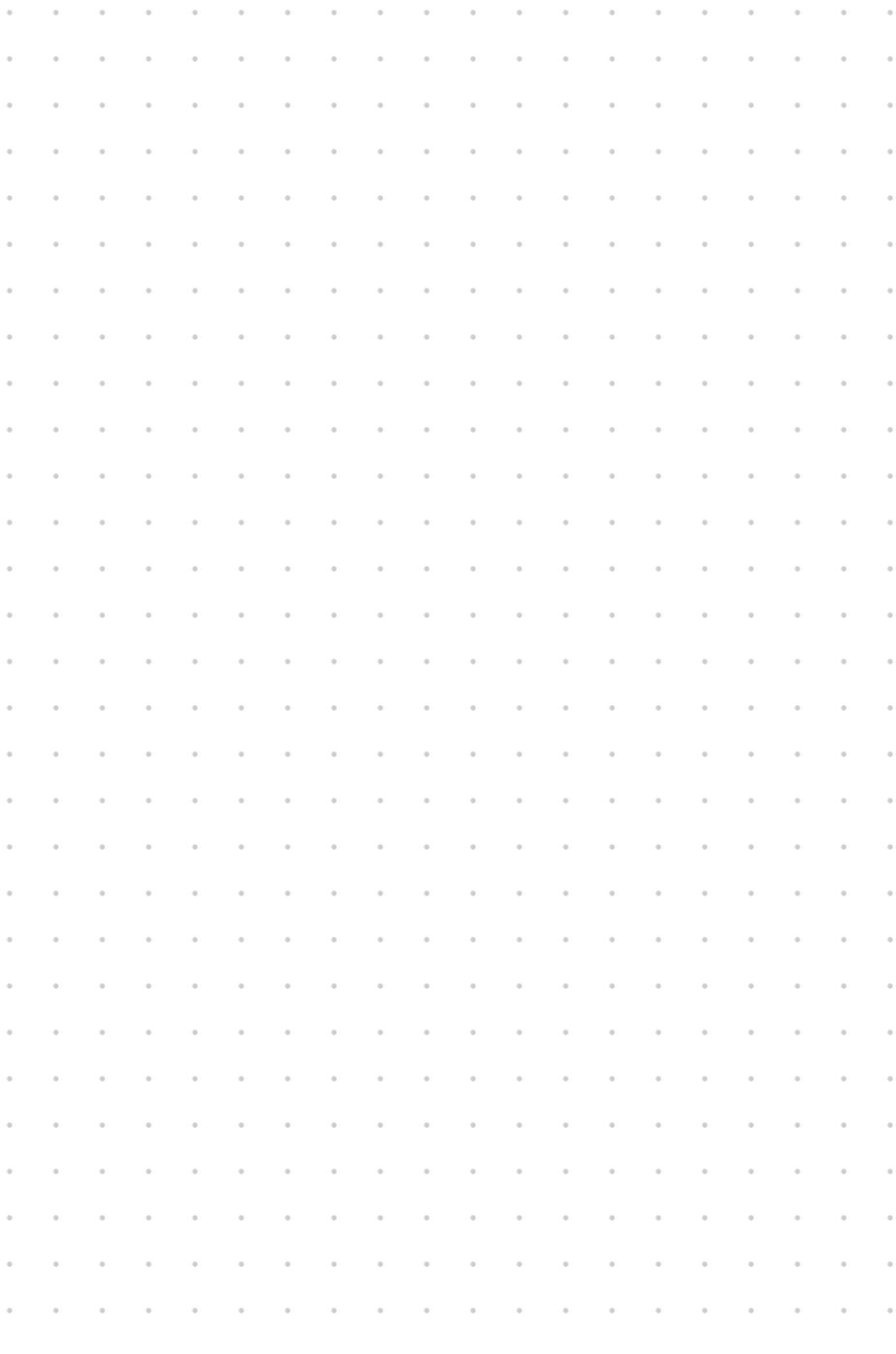
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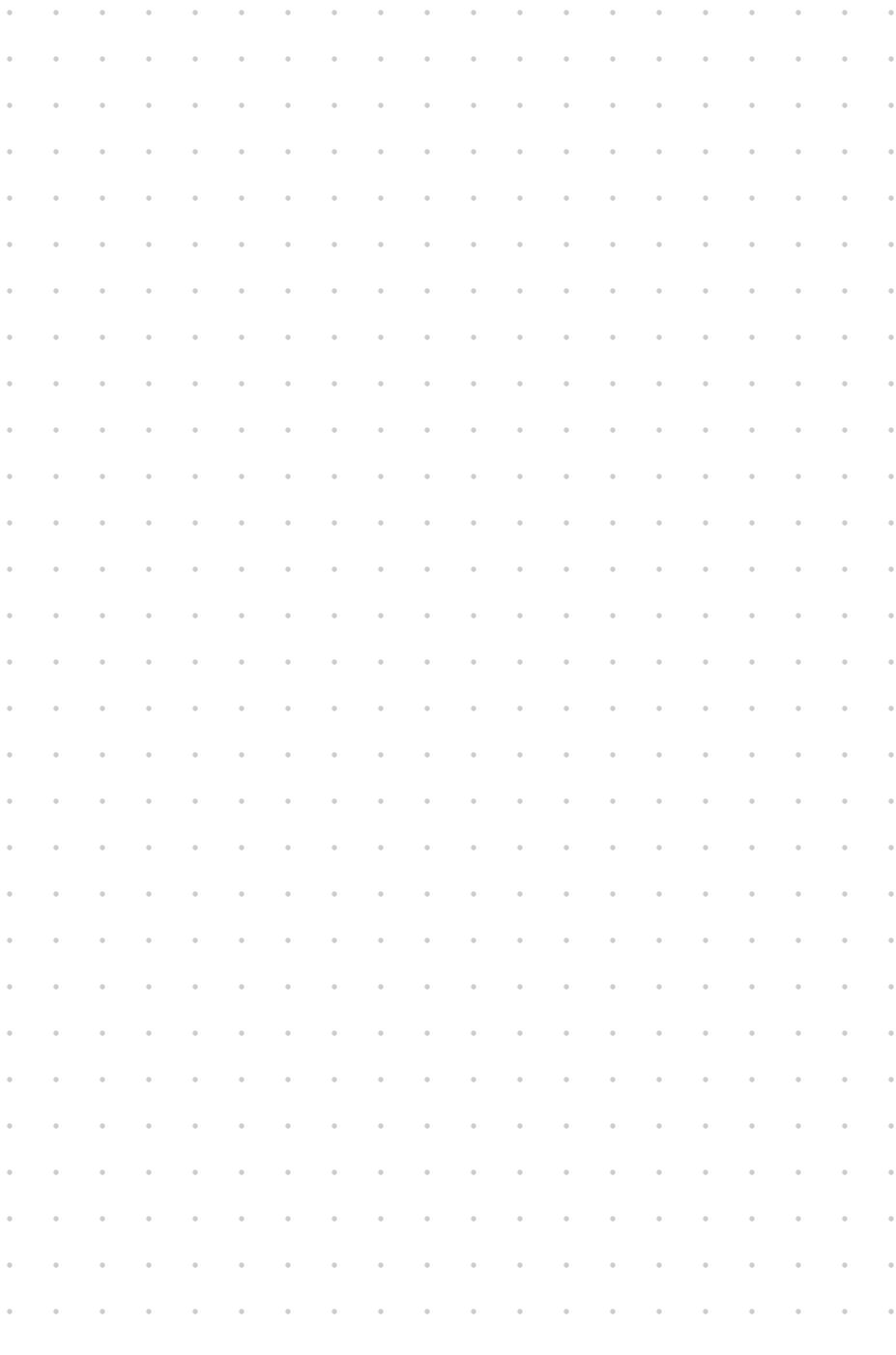
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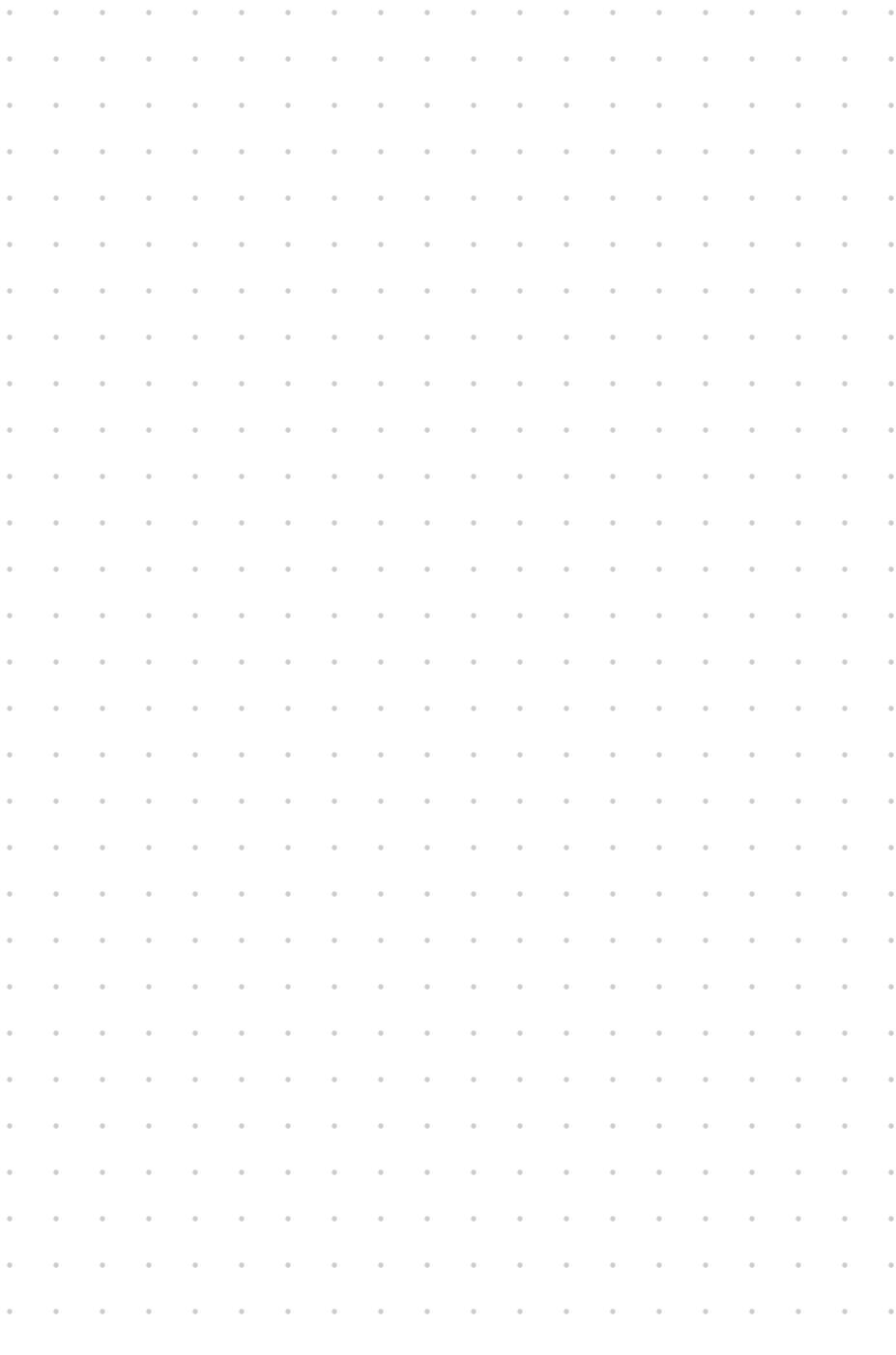
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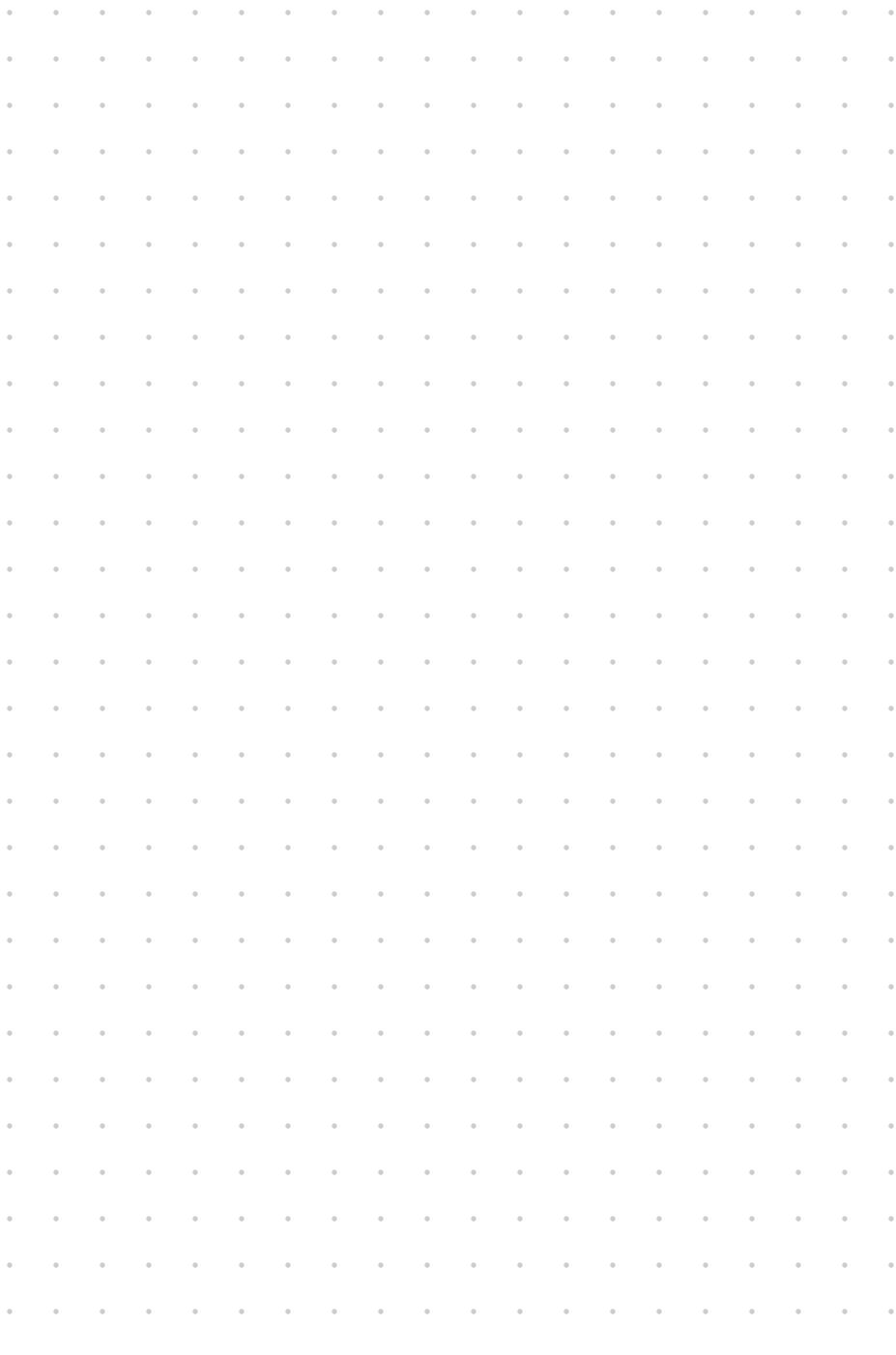
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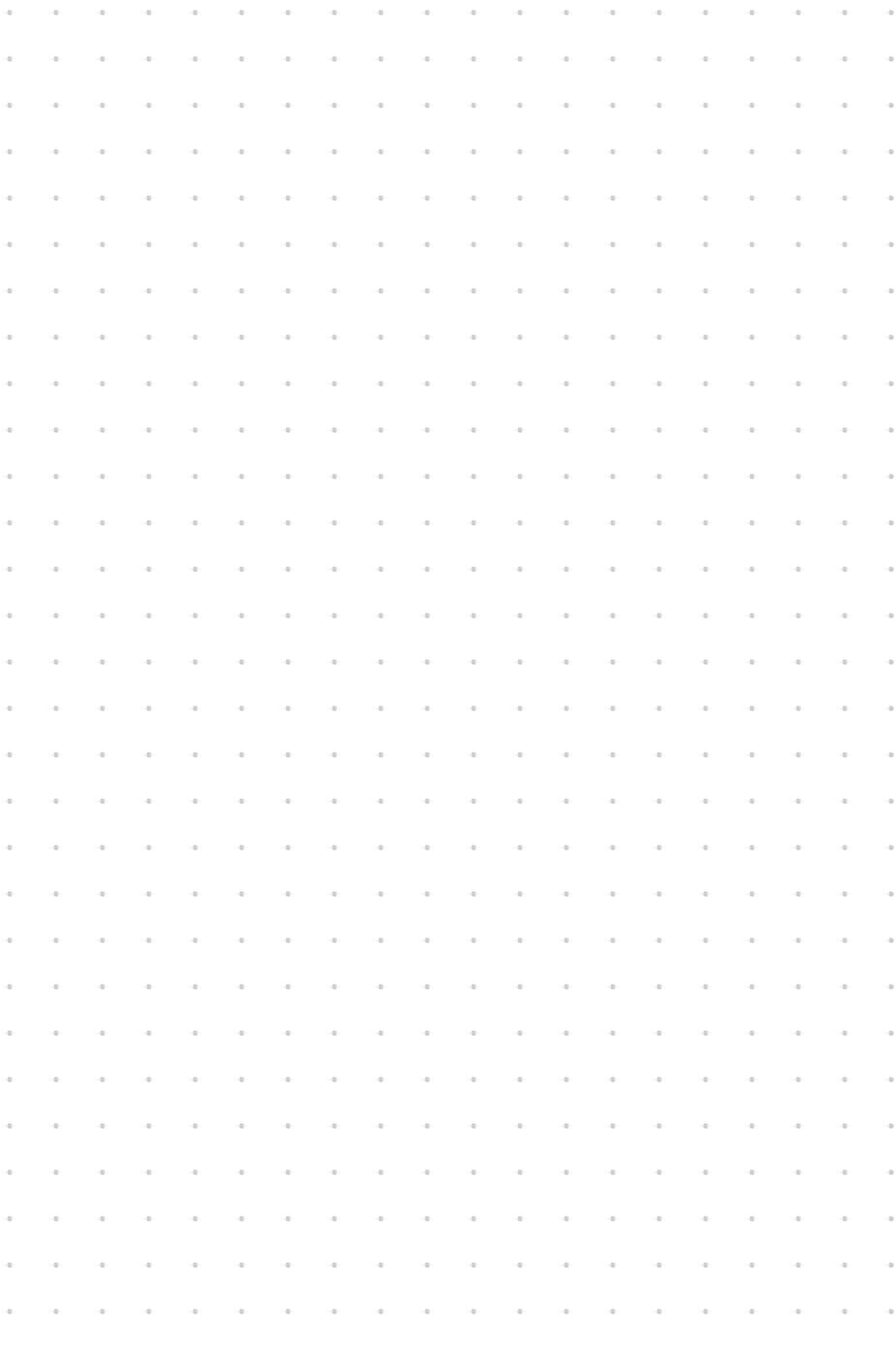
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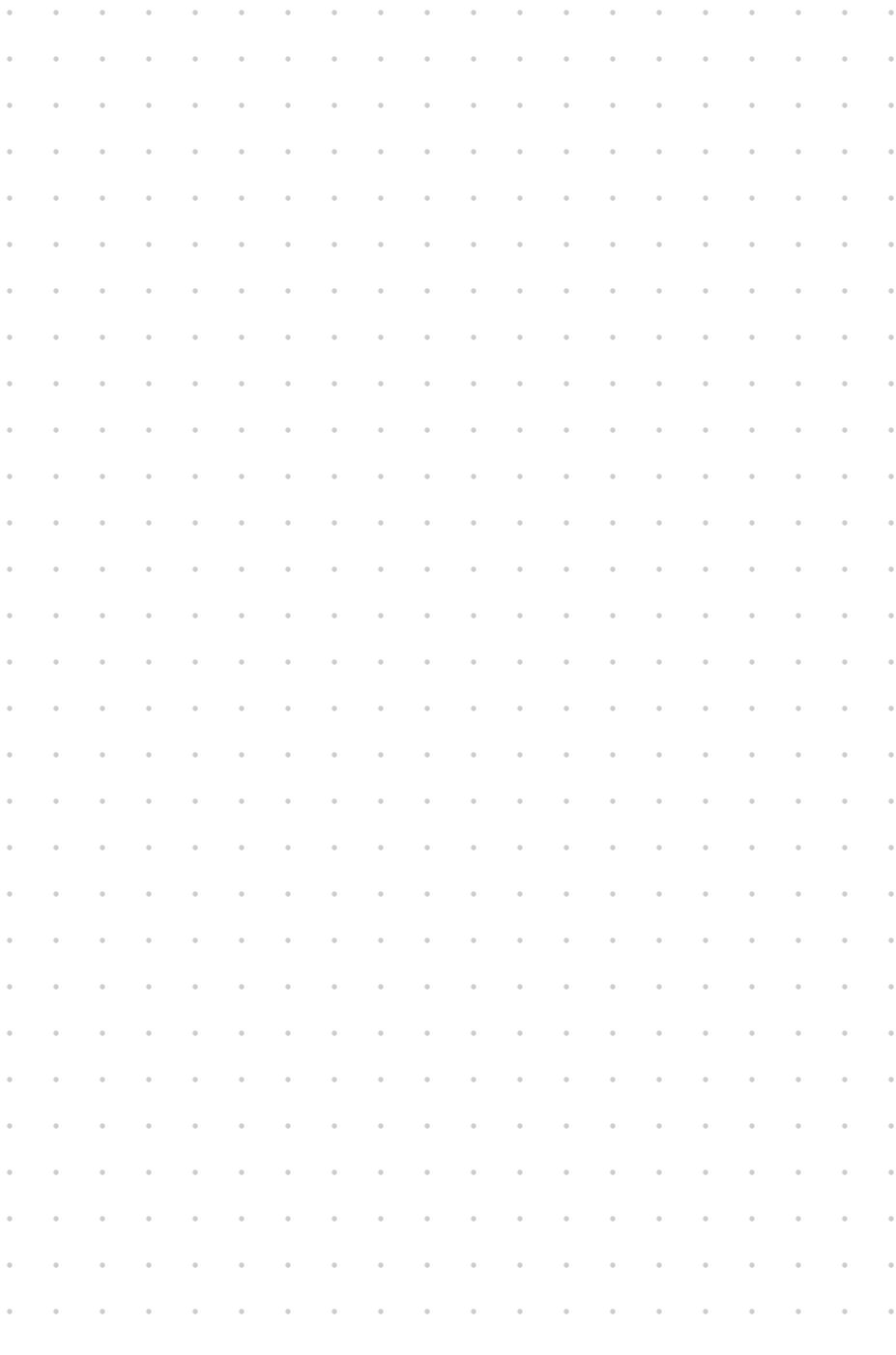
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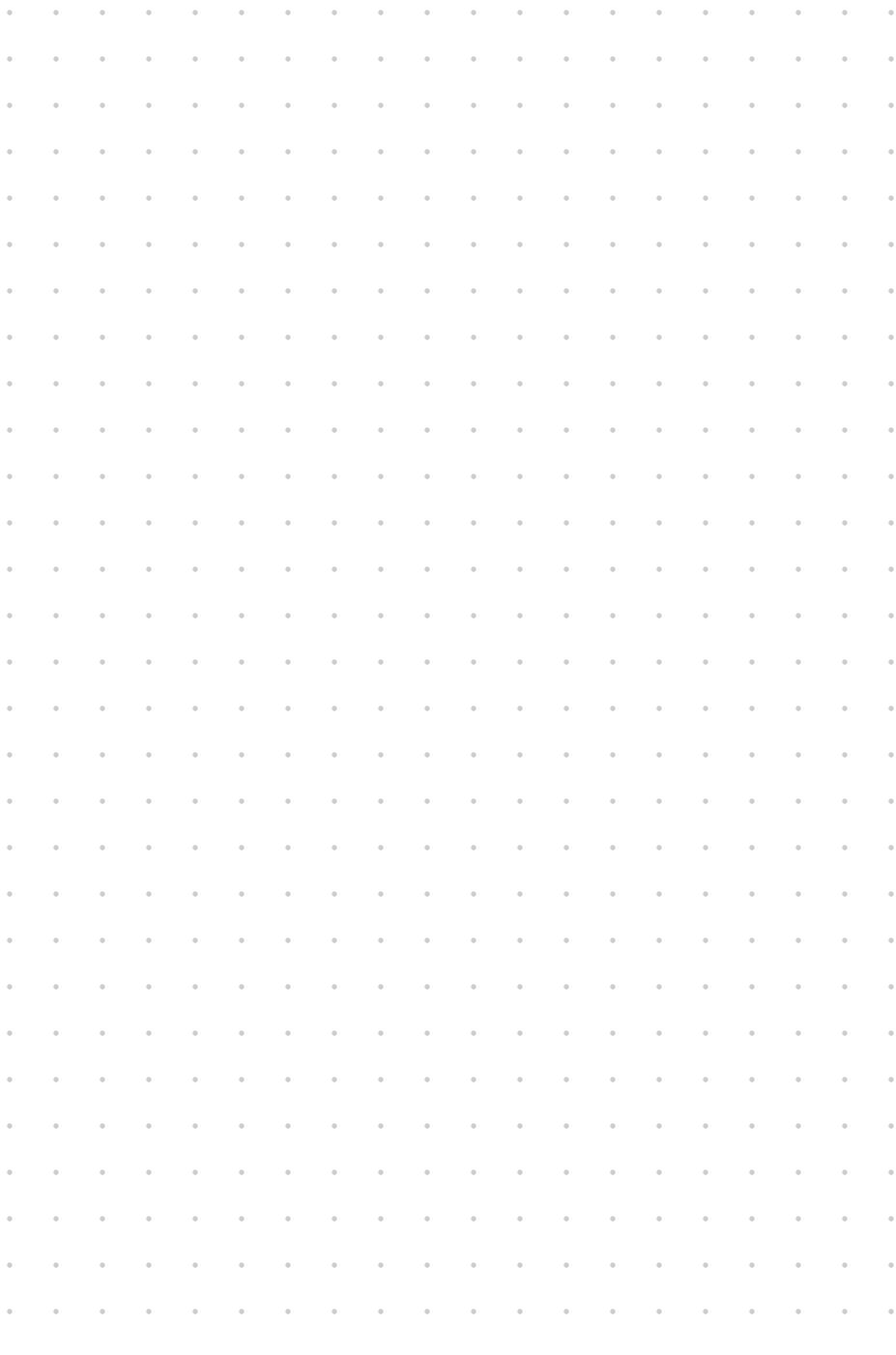
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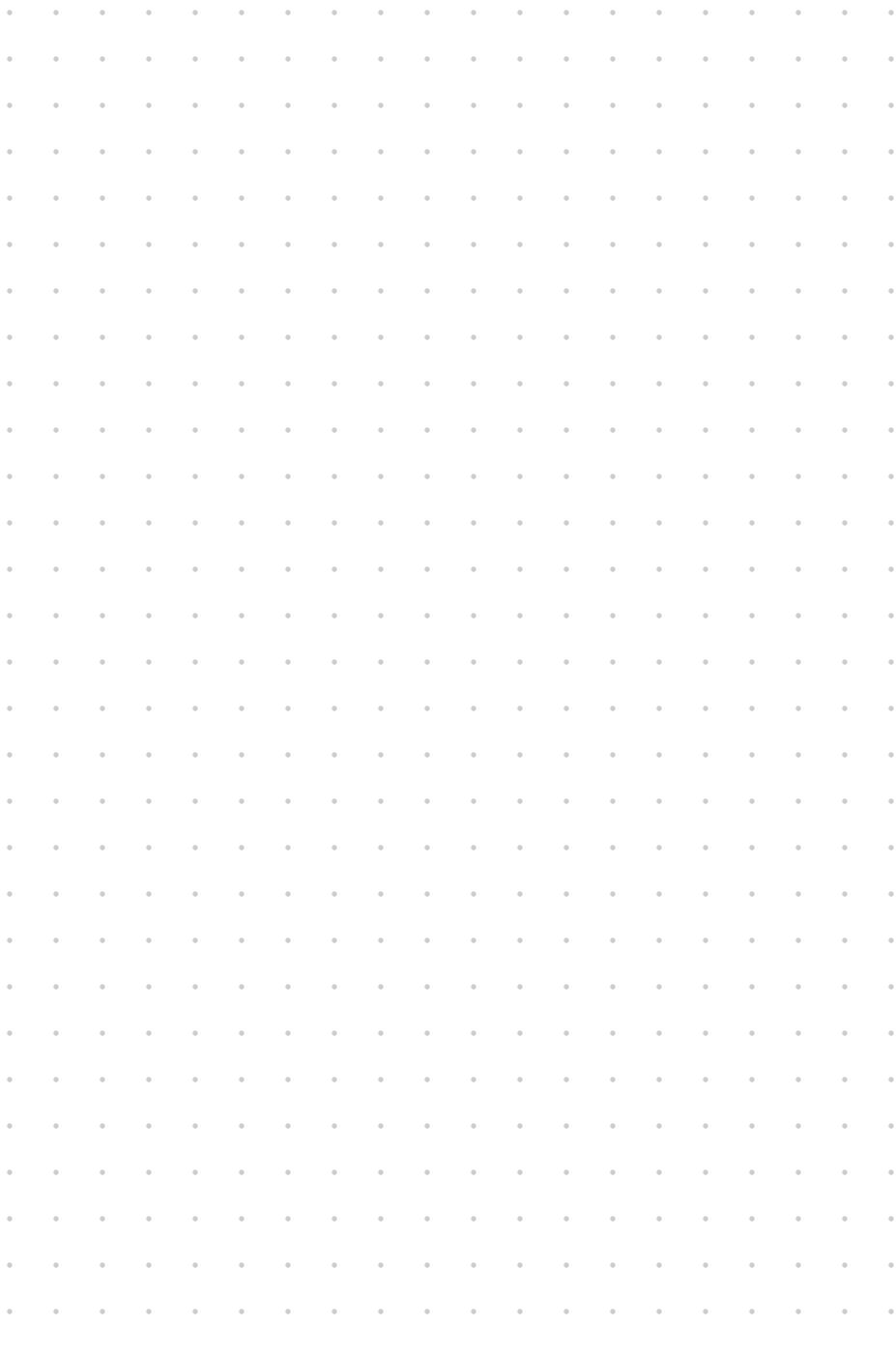
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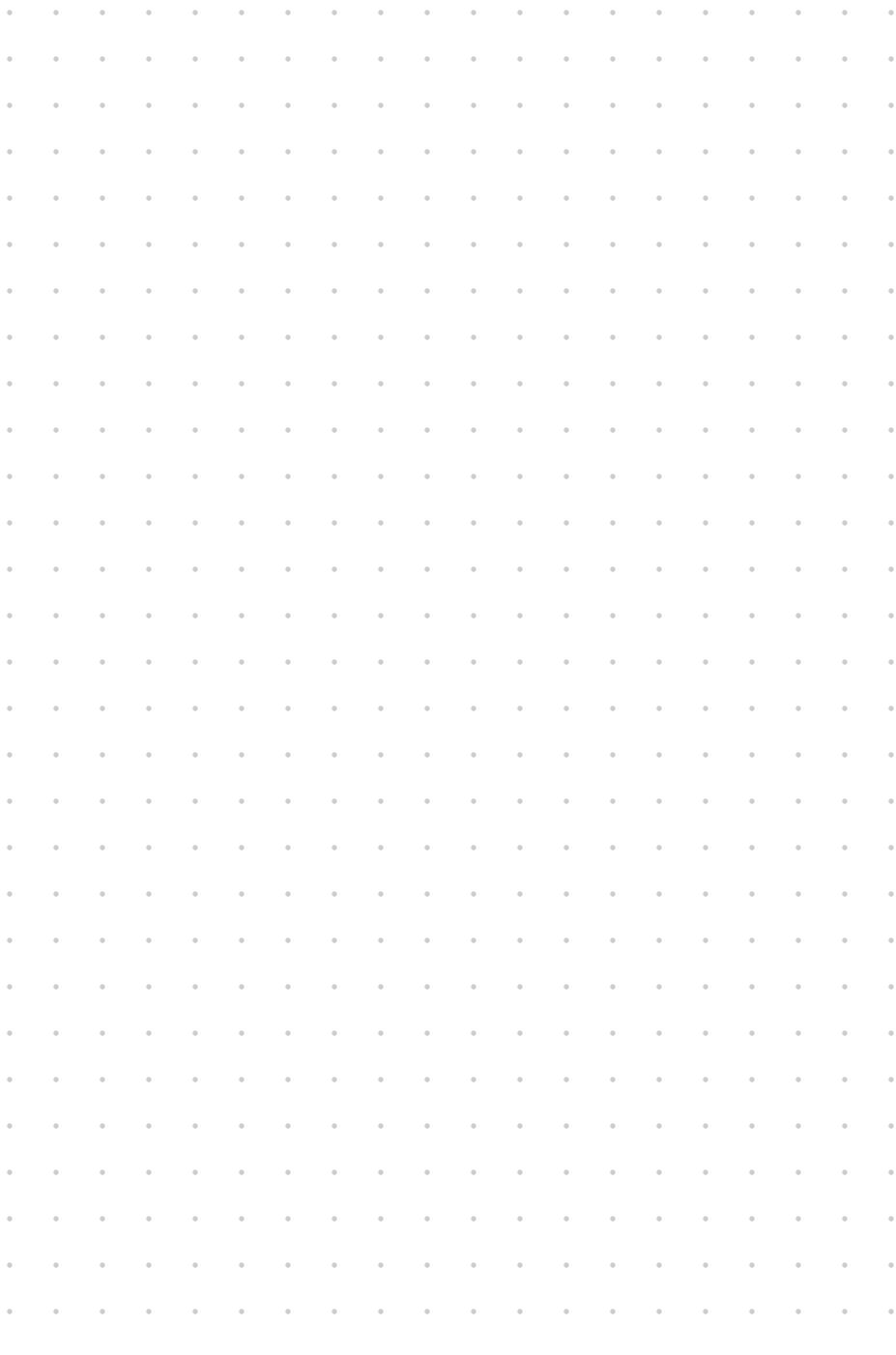
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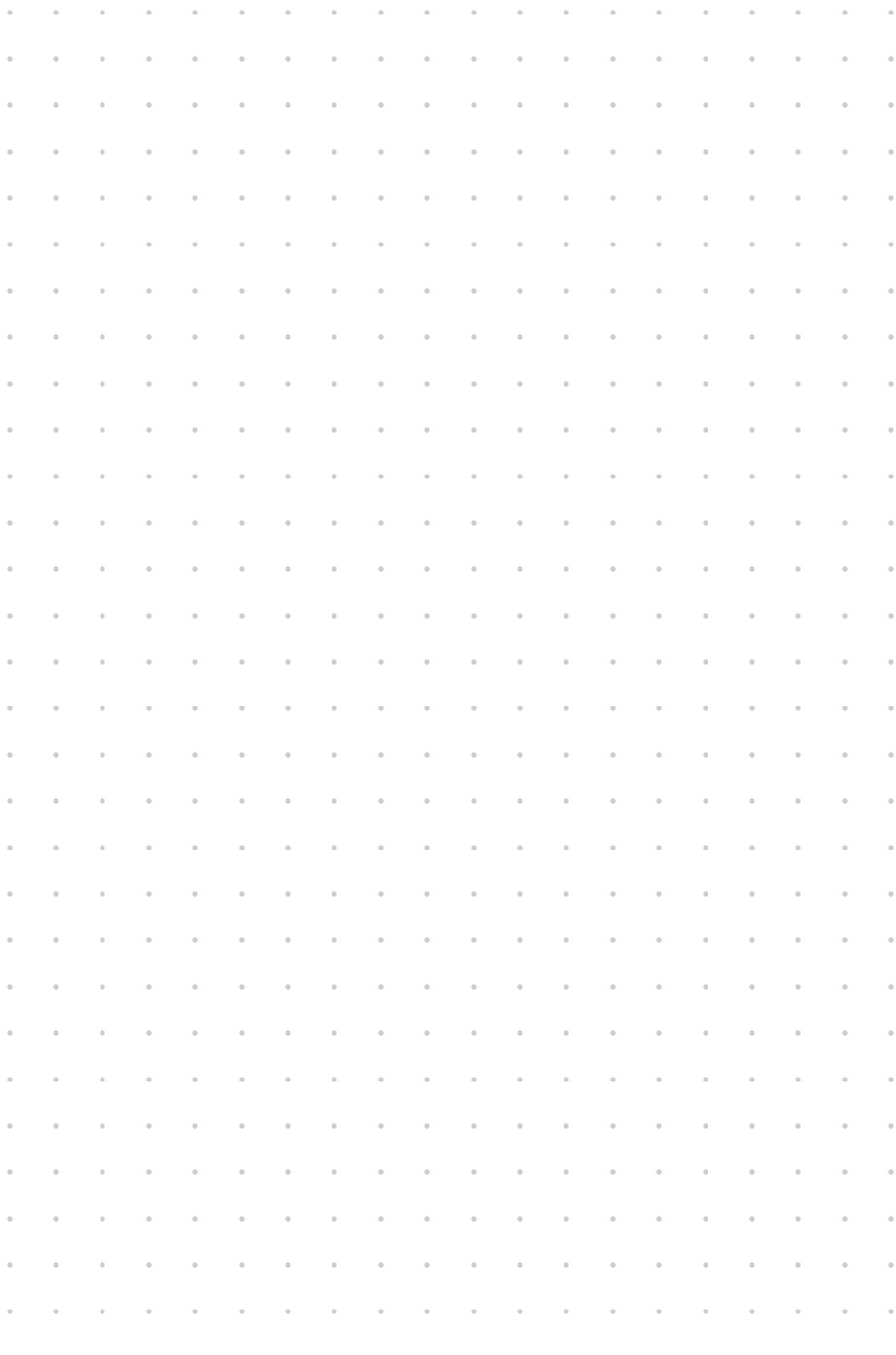
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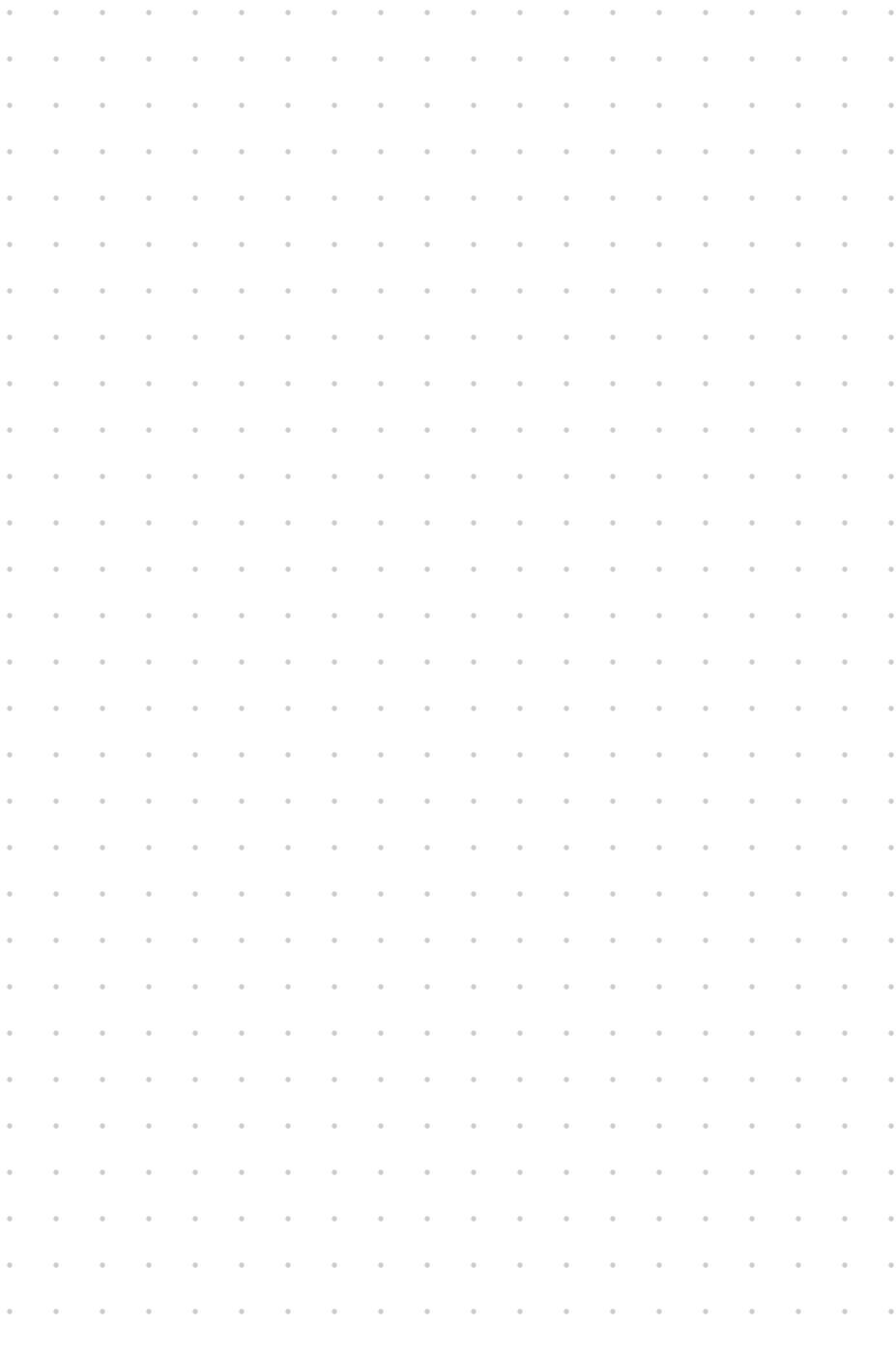
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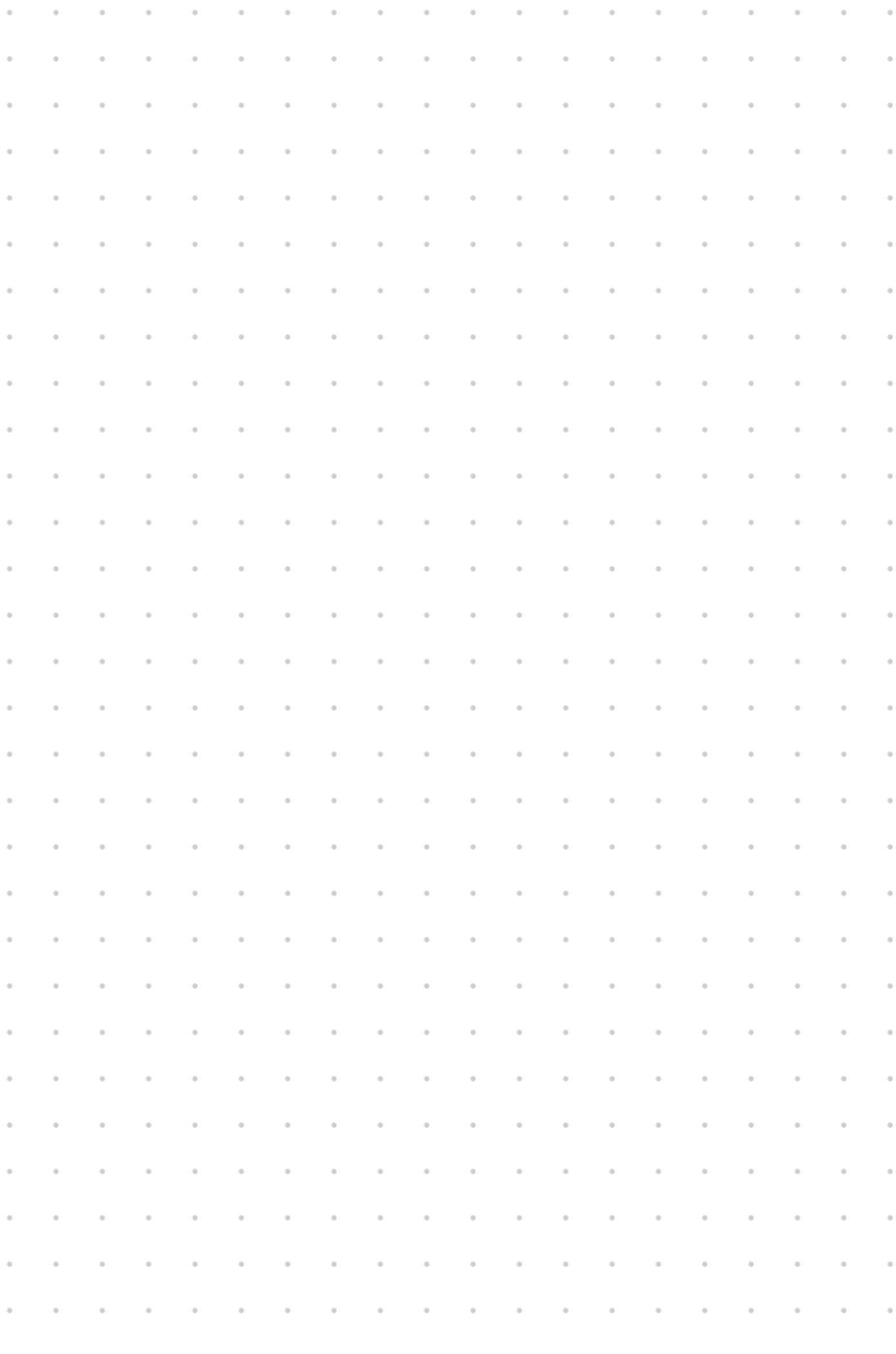
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