

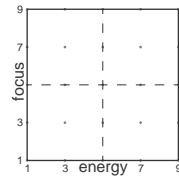
M T W T F S S

past		future	
what did I complete?	execution	<input type="checkbox"/> clear out inbox	<input type="checkbox"/> close all phone tabs
what was my best day?		<input type="checkbox"/> clear out desktop	<input type="checkbox"/> move unfinished todos
biggest time wasters?		<input type="checkbox"/> clear out downloads	<input type="checkbox"/> delete > 2 week todos
what did I do that I hadn't planned?		<input type="checkbox"/> clear off desk	<input type="checkbox"/> dump new todos/ideas
		<input type="checkbox"/> close all laptop tabs	<input type="checkbox"/> check weekly stats+calendar
what worked well?		<input type="checkbox"/> check/update long-term goals	<input type="checkbox"/> pick <= 3 active projects
where did I get stuck?		am I making progress on my BHAGs?	
what did I learn?		what would make next week a great week?	
did I impact anyone?			
what's on my NOT-do list?	reflection		

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<input type="checkbox"/> tidy vit	what did I learn?
<input type="checkbox"/> log exist	how did I push the needle forward?
<input type="checkbox"/> lights out	tomorrow's FROG:

why do you feel like that?
what can you do to have more energy?
how do you define a successful day?
what project to focus on and why?
how can you make a dent?

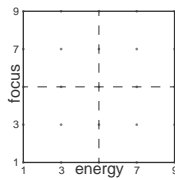


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	10	
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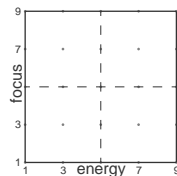


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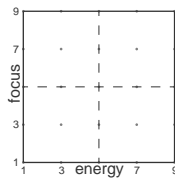


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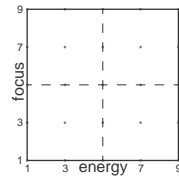


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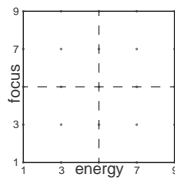


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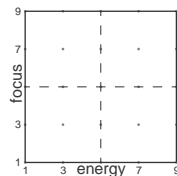


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