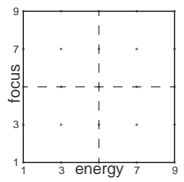


21 : ____	what excited me today?
<input type="checkbox"/> success?	what drained me of energy?
<input type="checkbox"/> tidy vit	what did I learn?
<input type="checkbox"/> log exist	how did I push the needle forward?
<input type="checkbox"/> lights out	tomorrow's FROG:

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?	

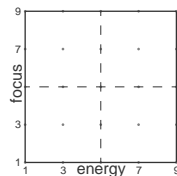


B:	L:	D:
check in/catch up -> tasks & messages	9	
	10	
	11	
research -> notes	12	
	13	
	14	
dev -> code/docs		
	15	
	16	
manual work -> object	17	
	18	
	19	

curfew:

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