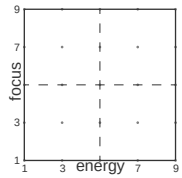
REVIEW	
___ : ___	what excited me today?
☐ success?	what drained me of energy?
☐ tidy tasks	what did I learn?
	how did I push the needle forward?
	tomorrow's FROG:

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?	



TASKS		SHORT/MSG/SOCIAL

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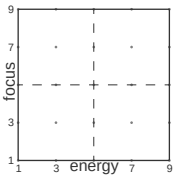

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