

TOday, I'm GRATEFUL FOR :-

BEST achievement TOday :-	

	Maintenance of my
	Dharma

	CONTROL OF THE seven
	DEADLY SINS

__HRS STUDIED	__HRS SLEPT
___ E	___ M
___ H SOLVED	

EXERCISES AT THE GYM :-	ABOUT MY LOVED ONES :-

TOPICS TO STUDY TOMORROW :-	FUNNY THING ABOUT TODAY :-

__ STUDY QUALITY	__ GYM QUALITY
___/10 MOTIVATION	___/10 DISCIPLINE
__:__HRS SPENT ON CHEAP DOPAMINE	