

you're GrateFUL for :-

.....

Maintenance of your
Dharma

.....

control of the seven
deadly sins

__hrs Slept

__hrs Studied

__ E __ M __ H Solved

__ Study Quality

__ Gym Quality

__/10 Motivation

__/10 Discipline

__:__hrs Spent on cheap Dopamine

Exercises at the Gym :-

About your loved ones :-

Best achievement today :-

Funny thing about today :-

Topics to study tomorrow :-