*What good shall I do this day?*

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| --- | --- |
| **Daily Metrics**🞏 1hr exercise🞏 1 very hard thing🞏 1hr reading | 🞏 1 good deed🞏 1 90 min. block of deep work🞏 |
| **TASKS** |  | **IDEAS** |
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Today is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| 7am |  |  |  |
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| 8am |  |  |  |
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| 9am |  |  |  |
|  |  |  |  |
| 10am |  |  |  |
|  |  |  |  |
| 11am |  |  |  |
|  |  |  |  |
| Noon |  |  |  |
|  |  |  |  |
| 1pm |  |  |  |
|  |  |  |  |
| 2pm |  |  |  |
|  |  |  |  |
| 3pm |  |  |  |
|  |  |  |  |
| 4pm |  |  |  |
|  |  |  |  |
| 5pm |  |  |  |
|  |  |  |  |