## What good shall I do this day?

Today	/ is			
Today	y 13			

Daily Metrics  ☐ 1hr exercise ☐ 1 very hard thing		☐ 1 good deed ☐ 1 90 min. block of deep work	7am		
☐ 1hr reading	ID		8am		
TASKS	וטו	EAS		<del></del>	
			9am		
			10am		
			11am		
			Noon		
			1pm		
			2pm		
			3pm		
			4pm		
			5pm		