

DAILY *what I think I have*

___/___/___

to do List

	<u>Prioritise</u>	<u>No must</u> <u>delegate</u>
☐	☐	☐
☐	☐	☐
☐	☐	☐
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☐	☐	☐
☐	☐	☐

Today's selfcare

Check ☐

Today's goal

Check ☐

Slow down

Pick me up

Thankful for