

Daily Reflection & Action Plan

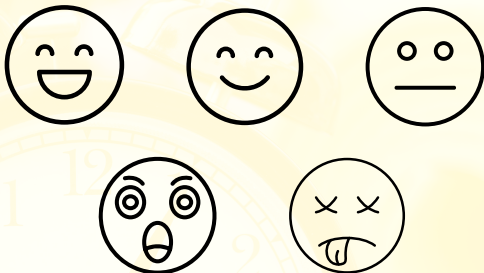
MY GOALS TODAY

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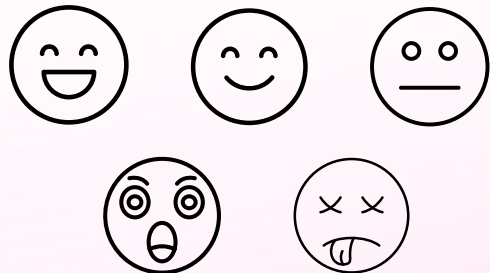
Obstacles I Need to Overcome

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MOOD IN THE MORNING



MOOD IN THE EVENING



Before bed, take a moment to reflect on your achievements. Learn from today, reset, and get ready to conquer tomorrow. YOU ARE AMAZING!