	Today's Word of the Day
DATE	
Action List	Thoughts, Reflections & Notes
-	Cette Observited Shapely son 81 min 10
for the <b>Mind</b>	Control of the Contro
	Control of the second s
for the <b>Body</b>	(Q5.14.105.2) ±0.25 (e3.9) (Perc 3.7) (e3.9) (e3.4.105.2)
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for the <b>Spirit</b>	new Control of State (State (S
	200 (1 tanger
	Gratitude Diary
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	5.
	<b>5.</b>

Plan Weekly & Daily	Plan Weekly & Daily	
1. Review Values:	1. Review Values:	
	~	
2. Review Roles:	2. Review Roles:	
3. Review Goals:	3. Review Goals:	
Notes	Notes	
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