

# Your 5-Day Sprint

*You've Got This!*



# The best preparation for tomorrow is doing your best today. ...

Date & Goal for The Day	Inspiring Word	<b>Today My Core Activities Are:</b>
<b>Time Tracker- Zero White Space</b>		<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
		<b>Notes</b> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____

<b>End of Day Reflection</b> _____ _____ _____
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I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

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		<b>Notes</b> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____

<b>End of Day Reflection</b> _____ _____ _____
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The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. ...

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		<b>Notes</b> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____

**End of Day Reflection**

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If you know what you want to achieve in life, then you are more inspired to change for the better

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# Feelings inspire people to act

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