

# PLANNING FOR SUCCESS

TODAY'S DATE

GOALS / PRIORITIES

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ROADBLOCKS TO CRUSH

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TASKS TO BE COMPLETED

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HOW I FEEL TODAY

AFFIRMATION / PRAYER

## PRODUCTIVITY PLAN (25 MINUTE CYCLES)

SET YOUR TIMER & WORK ON A TASK FOR 25 UNINTERRUPTED MINUTES. TAKE A 5 MINUTE BREAK. RETURN TO THE NEXT CYCLE AND WORK ON A DIFFERENT TASK. AFTER 4 CYCLES, TAKE A 15 – 30 MINUTE BREAK.

I AM THANKFUL FOR:

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SELF-CARE PLAN

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