

What are some things that
you tend to forget?

DON'T FORGET

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TO DO

What's on your 'to do list' for this week?

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EXERCISE

How much do you exercise
on a daily basis? Is it enough?

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YAY!

What have you been excited about
recently?

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What are your plans for the weekend?
Do you always plan ahead?

WEEKEND

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What is something that you wish
you didn't have to do tomorrow?

tomorrow

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**MAKE IT
HAPPEN**

What do you do to make your dreams
come true?

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YOU GOT THIS!

How do you stay motivated
when things go wrong?

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TO BUY

Do you ever make a shopping list?
In your phone or on paper?

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have
a
nice
day

What do you do to survive a difficult day?

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Does it happen to you to forget
about important meetings?

MEETING

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Why do people keep complaining
about having too much work?

WORK

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MEAL PLAN

What's your diet like?
Do you plan your meals?

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What is something that you have
accomplished this week?

THIS WEEK

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REMEMBER!

What helps you remember things?

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NOTES

Do you ever take notes?
Do you have a calendar or a planner?

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