## Live... Lead... Grow... 2020



STREAKTRACKER ${ }^{\text {TM }}$ CHECK OFF YOUR PROGRESS AS YOU GO (HELPFULFOR hABIT GOALS).

| M1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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| M2 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| M3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Quarterly Calendar

| Mon | Tues | Wed | Thu | Fri | Sat | Sun | Major Projects |
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Daily Rituals

| MORNING RITUAL |  |  |
| :--- | :--- | :--- |
| $\#$ | Activities write down each item in your ritual | Allotted Time |
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Ideal Week

| Stage | Mon | Tues | Wed | Thu | Fri | sat | sun |
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| 500－5．30 |  |  |  |  |  |  |  |
| 530－600 |  |  |  |  |  |  |  |
| 600－6．30 |  |  |  |  |  |  |  |
| 630－700 |  |  |  |  |  |  |  |
| $7.700-7.30$ |  |  |  |  |  |  |  |
| $7730-8.800$ |  |  |  |  |  |  |  |
| $8.00-830$ |  |  |  |  |  |  |  |
| $8: 30-9: 00$ |  |  |  |  |  |  |  |
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| $930-10.00$ |  |  |  |  |  |  |  |
| 10000－10．30 |  |  |  |  |  |  |  |
| $10.30-1100$ |  |  |  |  |  |  |  |
| 11100－1130 |  |  |  |  |  |  |  |
| $11330-1200$ |  |  |  |  |  |  |  |
| 1200－1230 |  |  |  |  |  |  |  |
| 123001100 |  |  |  |  |  |  |  |
| 1:00-1:30 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | $\cdots$ |
| ${ }_{\text {l }}^{130-2000}$ |  |  |  |  |  |  | ＋3－3． |
| 2300－3．300 |  |  |  |  |  |  |  |
| 300－330 |  |  |  |  |  |  |  |
| 330－400 |  |  |  |  |  |  |  |
| $400-430$ |  |  |  |  |  |  |  |
| －430－500 |  |  |  |  |  |  |  |
| $550-530$ |  |  |  |  |  |  |  |
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| $\begin{array}{r} 530-600 \\ \hdashline 600-6: 30 \end{array}$ |  |  |  |  |  |  |  |
| 6．30－7．00 |  |  |  |  |  |  |  |
| 700－730 |  |  |  |  |  |  |  |
| $7830-8.00$ |  |  |  |  |  |  |  |
| 8：00－8：30 8：30－9．00 |  |  |  |  |  |  |  |
|  |  |  |  |  | －$\times$ ．$\times$ ． | \％）．．．．．．．．．．．．．．．．．．．．． | ．．．．．．．．．．．．．．．．．．．．．．．．． |



