

	IIII A PRICAL TURINOV	N 10 10 10 10 10 10 10 10 10 10 10 10 10						
	Whyter Lung	MON	TUE	WED	THU	FRI	SAT	SUN
	YEAR:							
	MONTH:							
	Goals for the month:							
	Mindset: How do I want to feel?							
	Visualize: How do I want it to go?							
ı	_							
	Intention: What is my goal for this?							
S	Strategies toolkit:							