

Date:

Initials:

MINDFocus

(Ideas & practices to help your mind)

Finishings

(Things to complete today - imperfectly)

Anxiety Provokers & Reducers

(List them just to be aware of them)

Daily Practices	X

BODYFocus

(Ideas & practices to help your body)

RX:

(Do this when you 'lose it')

Distraction Busters

(2-5 minute tasks to do when you space out)

Wild Ideas

(Collect Wild Ideas here)

TEAM NOTES:

	NOTES	GENERAL PROJECT LIST
Today's Projects:		

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