

SELF IMPROVEMENT PROGRESS

FOCUS MONTH: _____ GOAL: _____

HABIT / DISCIPLINE	WEEKLY CONSISTENCY (M T W T F S S)	STATUS
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Morning Meditation		
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Deep Work (90 mins)		
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Physical Exercise		
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Reading / Learning		
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Sleep Hygiene		
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REFLECTIONS & BREAKTHROUGHS

"Continuous improvement is better than delayed perfection."