

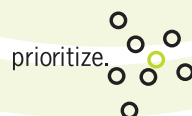
The

Minute Life™

daily planner

TiME Strategies to Prioritize, Organize and Simplify®
Your Life at Work and Home

Live your life in alignment with your priorities and purpose



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Your Life at Work and Home**

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prioritize. 

organize. 

simplify. 



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Initial Publication by Seven Minutes, Inc.

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ISBN-13: 978-0-991123-3-3 | Printed in the United States of America.

For information about ordering any books at special quantity discounts, please

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You can also find more information by visiting our website at

www.The7MinuteLife.com

#ShareHOPE⁷

My Daily Planner *(If found, please return to)*

Name:

Address:

Phone:

eMail:

Start Date:

The WHY?

"Change Happens in an Instant!"® It happens the moment you DECIDE to change."

Allyson Lewis

The Seven Minute Difference (2006)

Prioritizing, Organizing & Simplifying Life Through a Filter of Hope

Allyson Lewis' Priorities

1. Faith / Sharing Hope
2. Family / Love / Friendships
3. Health – Physical & Mental
4. Wisdom / Peace
5. Order / Freedom from Chaos
6. Growing / Learning / Teaching
7. Joy / Laughter / Fun / Happiness
8. Authenticity / Congruence
9. Compassion / Making a Difference
10. Financial Security / Philanthropy



Humans are created with deep desire to connect with meaning and hope. Our hearts and souls are uniquely and individually designed to make a difference in the lives of others.

The Reality

The 7 Minute Life™ Daily Planner was created as a personal training tool by me and for me more than a decade ago. My entire life I have been gifted with an incredible imagination. My mind sees pictures, not words. I process ideas incredibly fast - sometimes too fast.

I have problems focusing my attention.

Long to-do lists would sit in front of me and each bulleted item seem to mock me. I was overwhelmed and each day as I looked at all of the endless tasks, I felt the energy of life slowly slipping out of me.

The Line in the Sand

After 30 years of working in an industry I enjoyed and thrived in...my body gave out.

What happened to me could happen to anyone. The end result is that my health declined to a point that it was life-threatening. For more than a year I fought the battle of my life. Surrounded by family, friends, coworkers, my church, and a team of amazing physicians - I am recovering.

My life will never be the same. The person I was before the illness is gone... And, a new and different person is coming back to life. In the blink of an eye my life changed forever and with it the vision and mission of our company **Seven Minutes, Inc.** is changing and evolving as well.

The 7 Minute Life™ was a time management training and development company. We created tools and forms and checklists to help you achieve more every day and to complete your work more efficiently. We will continue to strive to create tools to help improve your personal time management skill sets and increase your daily productivity.

But, I now know life is a gift. We experience life through the seconds, minutes, hours of each day. Life is not a competition of who can do the most things in a single day. Based on what we choose to create as our personal priorities, our driving purpose and our personal goals - each one of us have the amazing opportunity to choose what thoughts, perceptions, activities, and emotions we will allow into our life.

How we choose to spend our time, what we pay attention to and where we concentrate our focus becomes the life we experience. How you spend your time – is your reality.

What's the Point?

I have been given a personal gift. My health problem gave me an amazing opportunity to let go of everything. I have been given a fresh start. And, I am choosing to live a life in alignment with my faith, priorities, purpose, and new goals. What a blessing!

Our updated goal for **The 7 Minute Life™** is to deliver concepts, tools, and teaching around an entirely new philosophy of time management concepts.

We call this new philosophy: TiME Strategies.

In 7 minute increments we will share ideas for how you can prioritize your values – so you know what is most important to you. We will help you rediscover your purpose – answering one of the most compelling questions of life, “Why are you here?” Next, we will be teaching you skills to map out 90 day goals followed with specific action steps to help you achieve each goal.

Finally, **The 7 Minute Life™ Daily Planner** will help you create a written daily plan of action for you to follow as a blueprint. Improving individual time management skill sets is important. By learning to filter which activities you will allow into your life through your priorities, purpose and goals - you will find you create blocks of free time to reconnect with life.

Allyson Lewis' Mission

My personal mission from this day forth is to share hope.

My mission is to help people take time to think... and, with nothing more than a pen and a piece of paper give people education, processes, tools and ideas for how they will choose to experience their life.

It is my mission to help others share their hope. Alone I can share my hope. As a community of like-minded people – together we can share hope exponentially.

I call this “**Sharing HOPE to the 7th Power**”.

Welcome to The 7 Minute Life™ Community,



#ShareHOPE7

The ShareHOPE⁷ Charitable Fund

Part of living a life of greater purpose and meaning involves giving. In that spirit, we here at **The 7 Minute Life™** are committed to positively impacting the world by contributing 10% of our net profits to provide water, food, education, and animals to people in need.

Each time you invest in yourself by purchasing one of **The 7 Minute Life™** products you are also investing in someone else's well-being. Thank You. To find out more about The **Share HOPE⁷ Charitable Fund** please visit the "About Us" page on our website <http://the7minutelife.com/sharehope7/>



Water

A portion of these revenues will go to water. There are far too many people who die every day for the lack of clean drinking water.



Food

A portion of these revenues will go to food. For example, a third grader finds it difficult to learn if he/she is hungry.



Education

A portion of these revenues will go to provide scholarships for education – education is a privilege. It provides an equal playing ground for all who are willing to learn.



Animals

A portion of these revenues will provide hope through animals.

The **ShareHOPE⁷ Charitable Fund** is established through the Craighead County Community Foundation. While our primary focus will be providing funds to share hope in these four areas. We are open to reviewing grants for other projects that help us "Share HOPE to the 7th power."

Please send your grant proposals to:

The Share HOPE⁷ Charitable Fund
c/o Seven Minutes, Inc.
PO Box 17284
Jonesboro, AR 72403

Share your HOPE

please add

#ShareHOPE⁷

to your social media communications that are inspiring, encouraging & education.

Introduction

The Goal of The 7 Minute Life™ is to provide:

TiME Management Strategies to Prioritize, Organize & Simplify® your Life at Work & at Home.



Why you need The 7 Minute Life™ Daily Planner...

Most people think that if they could just “get everything done” life would be wonderful. But we have discovered that this simply isn’t true. People who feel insanely busy are in that place because their life is crammed full of low priority tasks that don’t bring them great meaning and productivity.

Don’t believe us? Take your to do list and be honest with yourself... If you got everything done on your list how much better would your life be? Most people find it wouldn’t make a big difference.

***The 7 Minute Life™ Daily Planner is designed to help you work from the right list.
A list of daily activities in alignment with your priorities, purpose and goals.***

We call this question “the insanity test” because you’ve probably heard that old saying, “Insanity is doing the same thing and expecting a different result.” Well doing more of the same thing is not going to help you any better.

Tomorrow is going to pretty much like today if you don’t do something different, What does make a **HUGE** difference is repeatedly getting done a few things that really matter to you...and that’s why you need this planner.

We can help you cut through the noise of life and end the insanity by clearly identifying your purpose, values goals, ridding your life of unfinished tasks and much more. It’s simpler than you might think and it all starts with the book you are holding in your hand.

What this planner will do for you...

The 7 Minute Life Daily™ Planner is going to equip you to be both the **architect** and the **contractor** of building the best version of yourself. If you were building a new building, you would start by consulting with an architect who would ask you lots of questions to help you clarify the space you needed. The architect would know from experience the effective questions to ask and how to translate your needs and ideas into a blueprint—a written plan to guide construction.

The first of part of this planner is your architect. We’ve discovered from helping thousands of people the questions and thought processes necessary to build a workable blueprint for the best version of yourself. We walk you step-by-step through a series of exercises to identify your highest priorities and the goals that will take you there. You’ll identify unfinished tasks, the relationships you want to build and more.

This feature alone, separates **The 7 Minute Life Daily™ Planner** out of the herd of other ‘planner tools’ in a way that

will make you exponentially more effective than you are now. Most planner tools are simply calendaring tools that don't actually help you effectively discern how you should be spending your times. They just track your time.

The second part of **The 7 Minute Life™ Daily Planner**, is what we call the “**Daily Progress Report**” pages. On these pages you become the contractor and start translating your blueprint into reality. The **Daily Progress Report** pages are strategically designed to help you at a glance plan and track your highest priority tasks, daily contacts, '7 Minute Life' connections, unfinished task, expenses, appointments, voice mails, thank you notes, and a host of other critical aspects of what it takes for you to be come the best version of you.

More importantly, these pages with repeated use will actually build and strengthen neural pathways around what's most important to you. What's that mean? It means you will start naturally making the great choices on how to utilize your time. You will think differently about everything you do, and it will help you make healthier choices.

The system is simple, quick to learn and, as I said, easily accessible at a glance.

How to get started... Think – Write – Do.

We began by saying that **The 7 Minute Life™ Daily Planner**, is a tool to equip you to become an architect and contractor for the best version of yourself. As an architect you think through what you want, write out a plan, and then each day you will put on your contractor hat and do the work you've planned.

This planner is structured around this simple but powerful process of **Think-Write-Do**. In the opening exercises you will think through your values and purpose. You will establish written goals and doable action steps to accomplish them. Then on a daily basis you will do the steps.



WARNING: Do not skim over the opening exercises and jump into using the **Daily Progress Report** Pages. The value of the **Daily Progress Report** is completely dependent upon the amount of effort you put into clearly identifying values, purpose and goals. Imagine what would happen if a contractor showed up each day to work with no plan in hand for the building he was creating.

Once you are done with the opening exercise and have written out a clear plan, then simply begin using the **Daily Progress Report** on a daily basis. You will be amazed at how quickly these simple tools can bring order and accomplishment into your life.

From my experience and the experience of thousands of other people who have applied these tools I can tell you with confidence they work.

Welcome to The 7 Minute Life™ Community,

<http://the7minutelife.com/register>

#ShareHOPE7



Minute Life™

Are you ready for a “7 Minute” revolution?

It's time to revolutionize your life by turning talk into action.

You choose how much you will sleep, what you will eat, how much exercise you will get how much water you will drink, what you will read, and with whom you will spend time. Life is about choices. If you want to be different tomorrow than you are today, then you must choose to be different.

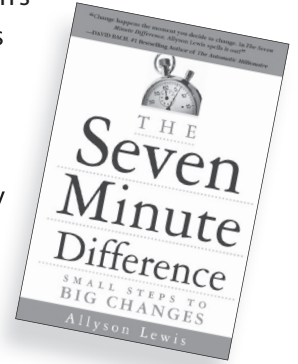
Living *The 7 Minute Life™* is a choice.

By using this book you will learn how to behave differently. We've taken proven time management and productivity ideas and molded them into a systematic, repeatable, daily process that you can use every day to achieve your goals in your professional and/or personal life. *The 7 Minute Life™ Daily Planner* is more than a calendar, much more than a daily planner, it is even more than a business plan.

The *7 Minute Life™* is a way of life.

I was inspired to write my last book *The Seven Minute Difference* after the life-changing experience I had when I wrote in seven minutes time what my life's purpose is.

While researching *The Seven Minute Difference* I learned that studies show the average person's attention span is only seven minutes long. In fact, in his groundbreaking research, Harvard psychologist George Miller found that the human brain is limited to remembering only seven pieces of information at a time. These studies struck a chord with me because I've personally experienced the power of what seven minutes of total concentration can do.



We've all had moments of inspiration and insight, usually in spontaneous, random bursts. But what if you could harness your brain's focusing power and put it to work in a repeatable system that would keep you inspired and energized? *The 7 Minute Life™ Daily Planner* does that. Our research shows that most people want to simplify their lives by eliminating the prevalent chaos that prevents them from being effective and happy. *The 7 Minute Life™ Daily Planner* will give you the necessary tools to define your priorities, organize your activities, and help you simplify your life down to one question:

Did I do what I said I would do today?

Most people intuitively know what they want to accomplish. They even know what they should do. *The 7 Minute Life™ Daily Planner* helps articulate self-knowledge and translate it into small, attainable daily activities. Part of what draws people to the 7-minute system is celebrating the tiny “wins” of actually reaching their daily goals. Daily, small achievements are good for you.

The *7 Minute Life™* Daily Planner will enable you to:

- *Define your values*
- *Discover your purpose*
- *Set written goals*
- *Monitor your physical health*
- *Get rid of clutter in your life*
- *Have a daily written plan of action*
- *Track your progress*

How is this productivity tool different?



In order to be productive, it's important to keep your notes, goals, schedule, everything in one place—your **7 Minute Life™ Daily Planner**. The reason for this is simple. If your goals are written down in one location and your daily accomplishments and action plans written down in another, you run the risk of feeling scattered and becoming disorganized—chief ingredients of chaos. You don't want to have to hunt to reread your goals; they should be at your fingertips at all times.

Many businesses revolve around 90-day quarters, and for good reason. Ninety days is a long enough period of time to see if a plan is working and goals are being met. It's also a short enough period of time to maintain motivation. Therefore, **The 7 Minute Life™ Daily Planner** is broken down into 90-day segments. Every 90 days you will begin a new book and file the completed one for future reference.

Each 90-day period starts with a "Focus Time." Whether you are doing **The 7 Minute Life™ Daily Planner** as part of a work team or on your own, you may want to schedule your "Focus Time" to be held in a different location from your daily environment. Removing yourself from the distractions of your day-to-day life enables you to better see the big picture.

You will spend your "Focus Time" creating and defining your goals and strategizing how best to accomplish them. Having clear goals is paramount to being successful.

Therefore, it's crucial to the success of changing your life that you spend ample quality time on the front end of this process.

The 7 Minute Life™ Daily Planner is designed to help you become more deliberate about the life you lead. As we stated in the



preface, the essence of living an attentive life is to Prioritize, Organize and Simplify®. By prioritizing your core values, creating a written purpose statement, and establishing your 90 day goals, you can accomplish whatever you set your mind to and live the life you want.



Ask yourself: Is my life authentically aligned with my priorities?

7 Minute Life Idea #1: Prioritize Your Top 10 Values

The only true way to prioritize what is most important to you is to rank what you value in a numerical list. So, the first step in **The 7 Minute Life™ Daily Planner** starts on page 17, where 75 values are listed. Scan the list and circle or check the ones that speak to you. Some will stand out more than others. Then, at the bottom of the page, prioritize your top 10 personal values by ranking them. Once you have ranked your personal values, stop and reflect on how you spend your time and money. Are your daily choices lining up with what you really believe to be the most important in your life?

Your time and your energy are both finite resources. Therefore, you must consider carefully which daily activities and emotions you chose to spend your limited amount of attention on. You may be surprised to learn that you are squeezing out those things most important to you, while lavishing huge amounts of attention on unimportant things in your life. This is why we must redefine our priorities.



7 Minute Life Idea #2: Discovering Your Purpose

As I discussed in the Preface, I was a 43-year-old successful financial advisor and a happily married mother. Yet it wasn't until 2003 when I defined my purpose that my life was profoundly changed in exactly 7 minutes. I had no idea until I completed this thought-provoking

exercise what my true purpose in life was. In order to be successful, both personally and professionally, you must be able to clearly and articulately define your goals. But before you can do that, you must understand what your purpose in life is.

Your purpose in life is defined by how you use your individual gifts and talents, not only to make a living, but also to make a difference in the world. Goals clarify how you use your purpose. Your priorities are the order in which you accomplish your goals. While the three concepts cannot be separated, they should be looked at independently.

The worksheet is titled "Discovering Your Purpose" and includes the following sections:

- My purpose in life is...**: A series of horizontal lines for writing.
- What I Love**: A list of seven items (1-7) with corresponding lines for writing.
- Purpose Words**: A list of seven items (1-7) with corresponding lines for writing.
- At the age of 85, I will know I have fulfilled my purpose when...**: A series of horizontal lines for writing.

Discovering or rediscovering your purpose should be a top priority. This exercise will challenge you to examine your life, review your prioritized list of what you value most in life, and then work toward creating a written statement about what you believe your purpose in life is. Turn to page 18 and find the words

My purpose in life is . . .

written on the top of the page. Take a few minutes to reflect on the top 10 values that you have already identified. On the right side of this page you will see a place to write down seven things that you love about life. This list may include foundational items, like your faith, your family and your work. It may also include many of the simpler aspects of life that you love, such as: spending time with your kids, reading, hiking, gardening, golfing, coaching Little League, traveling, or volunteering. Because love is the foundation of purpose, having a list of what you love in front of you while you contemplate your purpose is very important.

When I took this exercise my purpose unfolded in seven minutes, but that may not be true for you. It may take longer. During your "Focus Time" spend as much time as you need to articulate why you have been put on this earth. Each person has been given unique gifts and talents. I believe you will discover an overwhelming sense of meaning and fulfillment as you realize how you can serve the world around you.

Remember to begin this exercise by looking at the right-hand list of the things in life you love most. I believe there are three basic tenets to discovering your purpose:

- 1) **Purpose is what you do for others.**
- 2) **Purpose is how you use your gifts and talent to change the world.**
- 3) **Love is the foundation of purpose.**

Allyson's Purpose Statement

My purpose in life is GROWING. In life, I want to grow and change. I want to be different tomorrow than I am today. I want to grow as a wife—to be more in love with my husband, to hold hands more often, to enjoy long talks late into the night, and to share our hopes and dreams. I want to grow as a mother—to watch my children mature into their own destinies. I want to grow as a spiritual person—to become kinder, wiser, more hopeful, and more understanding. I want to grow my skills as a financial advisor and help my clients grow their assets. I want to work at my job with joy and honesty and integrity. I want each day to be filled with fun and excitement and challenge. And, I want to help others bring about meaningful changes in their own lives by sharing my discoveries and ideas. My purpose in life is fulfilled by growing and through helping others grow.

Write as fast as you can to try to discover what is most important to you. I've seen this simple exercise be a life-changing moment for many, many people, as it was for me. By outlining a clear, solid description of your purpose in life, you begin the process of fundamentally changing your attitude and approach to life—both at home and at work.

Once you have finished writing, go back and read the powerful words you have written. Circle the words that stand out. In the Preface I wrote that my purpose words are "growing" and "helping other people grow." As you read what you have written, you will see repeating themes and ideas. These will likely be your PURPOSE words, which you will list on the right side of the second page of your "Purpose Exercise." To complete this exercise, answer the question at the bottom of page:

"At the age of 85, I will know I have fulfilled my purpose when . . ."

7 Minute Life Idea #3:

Establish Your 90-Day Goals

Your purpose tells you what you want to do with your life and how you want to use your gifts and talents. Your goals help you define your objectives and clarify the steps you need to take to accomplish your purpose. When you have clarified your goals in life, you will be one step closer to fulfilling your purpose. Goals can be personal or professional, tiny or grand, achieved tomorrow or within 90 days. They may even be aimed at leaving a legacy beyond your lifetime.

In Brian Tracy's book *Goals—How to Get Everything You Want Faster Than You Ever Thought Possible*, he encourages readers to do three things:

In this next exercise you will focus on personal, work,

- 1. Write down your goals.** It's not enough just to have a vague idea of what you want to achieve. You need to develop specific goals and write them down.
- 2. Make plans to achieve your goals.** For every written goal you need to determine three or four specific actions that will help you reach that goal.
- 3. Work on those plans everyday.** Most goals cannot be achieved by sporadic and occasional effort, but require daily attention and action.

financial and life goals. Acknowledging your goals is vital to understanding your purpose, but it's only the first step toward achieving them.

It's important to write your goals in the PRESENT TENSE, as though they have already happened. Follow each goal with five action steps that will allow you to reach the goal within the next 90 days. These 90-day goal sheets are the culmination of your "Focus Time" work. This exercise forces you to clarify your top goals for your personal and work lives, as well as your financial and long-term overall life goals.

Select a timeline for each goal so that you can prioritize the

necessary action steps. Of course, some goals may require more action steps to accomplish than others. List as many steps as are needed.

Put the Brain to Work

Start and finish every day reviewing your goal worksheets. As you focus your attention on the goals you want to accomplish, your brain will put itself to work consciously and unconsciously to reach those goals. You will find yourself waking up with new ideas for how to solve a problem. Or you will be driving down the street when a burst of inspiration hits you so hard that you are forced to pull over to write down your ideas.

Did you do it?

Once you have clearly and deliberately determined what you want to accomplish in the next 90 days, you must take action every day. It only takes small steps to reach your future goals. When you choose to do what you say you will do, your success in life boils down to a series of simple "yes" or "no" questions.

The 7 Minute Life™ is a choice. It is a choice you make everyday. It all begins with your "Focus Time." These first three 7 Minute Life Ideas are intended to help you prioritize your:

- **Values**
- **Purpose**
- **90-Day Goals**

then you will be ready to begin to organize these ideas into daily action.

organize.

The 7 Minute Life™ Daily Planner is filled with many time management and productivity tools designed to help you organize your life and make more efficient use of your time. Many of these ideas revolve around the concept of "7 Minute" micro-actions. Micro-actions are tiny changes and activities that anyone can choose to implement in their daily lives. Often the biggest, most meaningful differences in our lives are really just a series of small, seemingly insignificant changes.

7 Minute" Micro-Action #1: Unfinished Tasks

As with any to-do list, it is important to actually DO what you've set out to accomplish. However, for a variety of reasons some tasks just don't get done. In David Allen's book, *Getting Things Done: The Art of Stress-Free Productivity*, he calls unfinished tasks "open loops." As the name suggests, these open loops circle continually in your unconscious mind, popping up periodically in your consciousness. As soon as you remember that you have not completed a task, your brain focuses on it and prompts you to do it—immediately. You might be able to successfully bat it away like a pest from your consciousness, but it will fester and send out distress signals in your unconscious, making you miserable. The cycle continues until the job is done.

Now, consider this: On any given workday you may have anywhere from 30 to 50 unfinished tasks. Regardless of the size or scope of the tasks to be completed, they are stressing you. These incomplete loops perpetually interrupt concentration, pull focus, and induce anxiety. That's why it so important to put unfinished tasks onto a master to-do list. By placing them in a single, safe place you stop the open loop process and put your mind at ease. It is tantamount to your conscious mind reassuring your unconscious that it need not worry; the task will be done in a timely manner.

On page 23 there is an "Unfinished Tasks Checklist" with space for up to 120 unfinished work projects and 60 unfinished tasks at home.

As you work toward starting and completing all the items on your list, make sure you keep track of everything you accomplish by marking off with a checkmark each item one at a time. The simple power of the checkmark is in itself a mysterious motivating power. In a sense these lists create a written contract you make with yourself. By creating these lists, you are making an emotional commitment to complete these daily activities. As straightforward as it may seem, there is an incredible power of emotional accomplishment each time a task is finished completely and marked off your list.



7 Minute" Micro-Action #2 : Mental Clutter

Mental clutter is defined as anything that takes up your finite time and emotional attention. Mental clutter can easily divert you from the path of success.

There are four primary causes of mental clutter. They are avoidance, procrastination, distraction and indecision. Further, the emotional price you pay is significant. If you choose to allow these issues to persist, you will experience stress, distraction, worry and fatigue.

What can you really do to battle these problems? The first step is awareness. Once you are willing to admit that you have allowed "Mental Clutter" to be a part of your life, you can choose to use your brain to overcome them. Use this page to list any issues in your life and the actions you think can help you overcome them.

7 Minute" Micro-Action #3: Home Repair

This micro-action is self explanatory. If it is broken, make a phone call and get it fixed. Your home is one of the places you should find comfort and peace.

7 Minute" Micro-Action #4: Life Connections

Life is a people business. Your list of "7 Minute Life Connections" is a reminder that you need to keep in touch with people. Regardless of what business you are in, if you plan to grow your business there are people with whom you want to stay connected. Your "7 Minute Life Connection" list could include prospective customers, mentors, colleagues and friends. These people make up your network of influence. Always look to widen the circle of people with whom you are connected.

7 Minute" Micro-Action #5: Annual Projects and Tasks

Whenever possible work to create repeatable processes and systems. Take 7 minutes to design an Annual Projects and Tasks calendar that lists all of your annual events, all national holidays, your major marketing campaigns, the conferences you will attend, and any time you have already scheduled for vacation.

“7 Minute” Micro-Action #6: Your 12 Month Calendar

The *7 Minute Life™ Daily Planner* is a 90 day process, but the world still revolves in 12 month segments of time. We have included a one month per page calendar. Most people in today’s world rely on some type of electronic calendar system, however these pages can help you organize multiple project timelines and sometimes it is helpful to be able to view your entire year with a quick glance.

“7 Minute” Micro-Action #7: The Meeting Planner

These pages are designed to help you make your meetings more productive and more efficient. A tremendous amount of daily work time is spent in staff meetings. Choose to create an agenda for the meetings you are in charge of planning. Take the time to outline the concept or reason for the meeting, what the desired outcome of the meeting is, and who really needs to be involved.

During the meeting you will often create action steps that you can list on the bottom of the page.

“7 Minute” Micro-Action #8: Notes Pages

After the Daily Progress Reports you will find several pages of blank paper to capture any notes you may need.

“7 Minute” Micro-Action #9: The Annual Exercise Progress Report

The *7 Minute Life™ Daily Planner* revolves around the concept of Prioritize, Organize and Simplify®. Most of us intuitively know that we must choose to make a commitment to our health in order to feel less stress and more productive. On page, 265 there is an Annual Exercise Progress Report that will help track your progress.

For additional micro-actions, time saving ideas and resources, visit us online at:

“7 Minute” Micro-Action #10: The Daily Progress Report

Inside *The 7 Minute Life™ Daily Planner* you will find Daily Progress Report pages—two pages for each of the 90 days. This proactive Daily Progress Report takes your personal values, purpose, your 90-day goals, and your unfinished tasks and translates them into DAILY ACTIVITIES and ACTION STEPS.

Time management is a skill you can learn that enables you to efficiently use the minutes in your day to focus on achieving high-value priorities. Remember: Life is a series of choices. You can choose to live with order, productivity, effectiveness, excitement and less stress. All of this begins with learning how to structure your daily activities by deciding what is most important for you to accomplish each day.




5 before 11™: Your Daily Top Priority “To-Do” List

Your 5 before 11™ micro-action list is one of

the planning activities you will do on a daily basis. Just before you leave the office for the afternoon, turn to tomorrow's Daily Progress Report and make a prioritized list of the five highest-value activities that you are willing to commit to completing before 11:00 a.m. the next morning. Your life will be radically different if you start every day knowing what five specific action steps you must take that morning in order to get closer to reaching your goals. This process makes every day count.

What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



Imagine walking into a clean and uncluttered office and placing only one object on your desk. That thing is *The 7 Minute Life™ Daily Planner* opened to today's date with your five highest-priority tasks listed. Your job is to simply complete these five tasks before 11 o'clock. This means beginning and COMPLETELY finishing each one.

This single concept will keep you from living in a constant state of reaction by giving you a proactive, daily written plan. At the end of each day you will look at your *5 before 11™* list and answer with a "yes" or "no" if you accomplished each one. It's that simple.

During the week your *5 before 11™* list is likely to be geared toward helping you achieve your work goals. On the weekend you may focus on social or civic obligations and household duties.

Workweek 5 before 11™ examples:

- *Create Meeting Agenda for new conference*
- *Contact Heather regarding new account documentation*
- *Schedule meeting to introduce new product*
- *Send contract to attorney*
- *Meet with Susan regarding proposal deadline*

Weekend 5 before 11™ examples:

- *Complete cardio workout*
- *Clean out kitchen drawer*
- *Write thank you letter to Ann*
- *Pay bills*
- *Return book to library*

The first step in changing your life is choosing to change. When you do, you will find yourself on a new path to a better life. But after taking that giant leap to a new path, you must then take small steps in order to successfully meet your goals. As you know, we call these small steps micro-actions. The power of this one tool cannot be overstated. Because businessmen and women live in a constant state of reaction, there is little time to proactively determine which daily activities are advancing your goals. Micro-actions are a tool that turns your 90-day goals into daily activities.


The 7 Minute Life™ is about taking small steps toward your goals every day. It is the EVERY DAY part that proves to be most difficult. The *5 before 11™* schedule enables you to commit to small, daily activities that will propel you toward success. The small "wins" keep you motivated.

"7 Minute Life" Connections

In this segment of the Daily Progress Report you will list three people you would like to connect with today. This might be a prospective customer, someone you could network with or even a friend. Go back to your complete list of "7 Minute Life" Connections and transfer three names.

"7 Minute Life" Connections

1. _____
2. _____
3. _____



Make Daily Contacts

It's often said that, "Successful people are simply willing to do what unsuccessful people are not."

Business is about contact—daily contact. If you are a corporate leader, you must be in contact with your

Daily Contacts

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



managers, vendors and, most important, your customers every day. If you are in sales, your success depends on the number of people to whom you present your product and how well you deliver customer service.

Tracking your Daily Contacts

The 7 Minute Life™ Daily Planner is designed to help you track the people you contact and speak with everyday. On the left side of the Daily Contact section you will see a series of dashes. These dashes allow you to track how many people you attempt to contact. You have no control over the number of people you actually contact, but you do have control over how many people with whom you try to get in touch.

The 7 Minute Life™ Daily Planner offers you a point system to help account for the amount of time different activities take by assigning them values.

- **1 point for an attempted outgoing call**
- **1 point for an incoming call**
- **5 points for a face-to-face appointment or meeting**
- **5 points for a telephone appointment**
- **5 points for attending a networking event**
- **25 points for a seminar**

If you agree that business is about contact, then daily contact with your clients, prospects, vendors and co-workers is key to your success.

Only you can decide what the correct number of Daily Contacts is for you and for your team. For some the number of contacts may be five, while for others it might be 10, for people in sales the number might be 25. The

“Common wisdom in the business community says that although many executives can move a project to 98 percent of completion, only a few actually finish the last 2 percent successfully. I see this “2 Percent Rule” at work all the time; people achieve true success and growth in their business or personal life, only to stop short of fully accomplishing their goals. They do well, but they never quite live up to their full potential; they just cannot seem to push past the “one-yard line” that separates them from peak performance.”

The Seven Minute Difference, p. 160

number is not as critical as committing to a daily plan of action to consistently reach whatever number you choose. Set your goal at earning a specific number of contact points per day. If you finish the day with a number of points less than what you have established, you did not achieve your personal goal that day.

Page 2 of The Daily Progress Report


Page two of the Daily Progress Report is divided into

four sections with space to track your appointments and/or how you actually spent your day. There is also a place to track the thank you notes you write. Thank you notes should be handwritten and mailed. Make it a choice to take just five or 10 minutes

The form is divided into three main sections. The top section is 'Appointments', with a list of times from 7:00 to 10:00 in 1-hour increments, each followed by a horizontal line for notes. Below this is a 'Thank You Notes' section with a numbered list (1, 2, 3) and a small box for each. The right side of the form is a 'Voice Mail' section with a table with two columns: 'name' and 'number'. Below the table are several horizontal lines for additional notes or messages. At the bottom right, there are small logos for 'priority', 'organize', and 'simplify'.

every day to let people know that you appreciate their skills, efforts and abilities. This may seem like a small thing, but it has huge benefits.

On page two of the Daily Progress Report there is also room to list all of your voicemail messages, and a large area for you to take any notes from the day. Remember that one of the keys to increasing your organizational skills is to have one safe place to keep all of your daily information.

simplify. 

Is it really possible to simplify your life down to one question?

Did I do what I said I would do today?

Yes

No

Yes. Not only is it possible, but also it's necessary in order to meet your goals. Once you have clearly defined your priorities, articulated your purpose in life, and established written goals and action steps to fulfill your purpose, then the only thing left for you to do is do it!

The 7 Minute Life™ Daily Planner is a proactive planner that empowers you to say what you want to do and do what you say you'll do. When you set a goal you are creating an

emotional commitment between yourself and that goal. It is the tiny "wins"—the small daily accomplishments—that encourage you to continue making the right choices, like choosing how much sleep you will get, what you will eat, how much water you will drink, and finishing your 5 before 11,™ It really is as simple as doing what you say you will do. This is simplicity. And simplicity brings an incredible sense of joy.



The 7 Minute Life™ Daily Planner is a productivity and time management tool designed to help you “Prioritize, Organize and Simplify®” your life at work and at home.

prioritize.

Now is the time to choose how you will live your life. Now is the time to slow down long enough to prioritize your values, establish new goals, and create a systematic plan to become the person you want to be. Every day you make tiny choices about how you spend the minutes of your day. You choose with whom you will spend time, what you will read, what you'll learn, and what you will eat. If you choose to focus on the positive opportunities in life, you can build the life skills necessary to reach new heights in your own personal growth.

organize.

Once you have prioritized your values, you need to organize your goals into a daily plan of action. *The 7 Minute Life™ Daily Planner* is a systematic, repeatable process to take your 90-day goals and translate them into daily action steps. Your *5 before 11™* list will become one of the primary keys to your success. Chaos, distraction, indecision and procrastination are enemies of success. Organization allows you to focus on what is truly important to you.

simplify.

Simplicity is one of the highest forms of thought. Albert Einstein famously said, “Things should be made as simple as possible, but no simpler.” Clutter and disorganization complicate our lives. Use this opportunity as an inspiration to simplify all areas of your life. When you prioritize what is most important to you, you can simply decide to live a life that is in authentic alignment with those values and goals. *The 7 Minute Life™* is about doing what you say you will do.

As you simplify your life, you will:

- *Rediscover your purpose*
- *Reignite the passion for your daily work*
- *Reclaim the minutes of your day*

The 7 Minute Life™ Daily Planner you hold in your hand is a tool. But, the real power of *The 7 Minute Life™* comes from within your heart. Do what you love, love what you do, and do it well. Simplicity crystallizes in one question:

**Did I do what I said
I would do today?**



Prioritize

What values are most important to you?

Define and Prioritize your top 10 Personal Values

Rank ✓

- _____ Love
- _____ Friendships
- _____ Achievement
- _____ Excitement
- _____ Arts
- _____ Community
- _____ Happiness
- _____ Security
- _____ Meaningful work
- _____ Helping
- _____ Choice
- _____ Freedom
- _____ Intimacy
- _____ Success
- _____ Adventure
- _____ Independence
- _____ Power
- _____ Learning
- _____ Fun
- _____ Passion
- _____ Comfort
- _____ Trust
- _____ Order
- _____ Reach full potential
- _____ Wisdom

Rank ✓

- _____ Faith
- _____ Change
- _____ Philanthropy
- _____ Authenticity
- _____ Balance
- _____ Laughter
- _____ Influencing others
- _____ Compassion
- _____ Money
- _____ Nature
- _____ Sharing
- _____ Competence
- _____ Joy
- _____ Efficiency
- _____ Growing
- _____ Country
- _____ Peace
- _____ Integrity
- _____ Creativity
- _____ Belonging
- _____ Sharing Hope
- _____ Relationships
- _____ Intellect
- _____ Excellence
- _____ Tradition

Rank ✓

- _____ Family
- _____ Serving others
- _____ Leading
- _____ Solitude
- _____ Time
- _____ Honesty
- _____ Knowledge
- _____ Recognition
- _____ Contributing
- _____ Inspire
- _____ Pleasure
- _____ Health
- _____ Self-respect
- _____ Teaching
- _____ Stability
- _____ Expertise
- _____ Travel
- _____ Connecting
- _____ Recreation / Play
- _____ Making a difference
- _____ Competition
- _____ Financial security
- _____ Decisiveness
- _____ Taking risk
- _____ Leaving a legacy

Prioritize We all value different things and our values influence our actions, our attitudes and the choices we make in life. Please check and rank your top 10 personal values. List what is most important to you below.

1. _____ 6. _____

2. _____ 7. _____

3. _____ 8. _____

4. _____ 9. _____

5. _____ 10. _____



Your Highest and Best

What is the best use of your time right now?

Describe what you love to do most, your strengths, your "highest value activities" & how you want to be rewarded.

What I love to do at work:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

My strengths include:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

My "Highest Value Activities" are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I like to be rewarded by:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Mental Clutter

home & work

Avoidance. Procrastination. Distraction. Indecision.
What is causing clutter and stress in my life?



Issue	Action
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. _____	_____



90 Day Personal Goals



Date: _____

Goals

Completed By

1.	_____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	_____ _____ What was the outcome? _____ _____ _____
2.	_____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	_____ _____ What was the outcome? _____ _____ _____
3.	_____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	_____ _____ What was the outcome? _____ _____ _____
4.	_____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	_____ _____ What was the outcome? _____ _____ _____
5.	_____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	_____ _____ What was the outcome? _____ _____ _____
6.	_____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	_____ _____ What was the outcome? _____ _____ _____
7.	_____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	_____ _____ What was the outcome? _____ _____ _____

90 Day Work Goals



Date: _____

Goals	Completed By
1. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
2. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
3. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
4. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
5. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
6. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
7. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?



Financial Goals



Date: _____

Goals

Completed By

1.	<p>_____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p>	<p>What was the outcome?</p>
2.	<p>_____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p>	<p>What was the outcome?</p>
3.	<p>_____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p>	<p>What was the outcome?</p>
4.	<p>_____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p>	<p>What was the outcome?</p>
5.	<p>_____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p>	<p>What was the outcome?</p>
6.	<p>_____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p>	<p>What was the outcome?</p>
7.	<p>_____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p> <p>Action: _____</p>	<p>What was the outcome?</p>

Life Goals



Date: _____

Goals	Completed By
1. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
2. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
3. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
4. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
5. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
6. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?
7. _____ Action: _____ Action: _____ Action: _____ Action: _____ Action: _____	What was the outcome?



Unfinished Work Tasks

Unfinished tasks cause stress
and chaos in your life



Task	Action
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. _____	_____

Unfinished Work Tasks

Unfinished tasks cause stress
and chaos in your life



Task	Action
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. _____	_____



Unfinished Work Tasks

Unfinished tasks cause stress
and chaos in your life



Task	Action
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. _____	_____

Unfinished Work Tasks

Unfinished tasks cause stress
and chaos in your life



Task	Action
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. _____	_____



Unfinished Home Tasks

Unfinished tasks cause stress
and chaos in your life



Task	Action
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. _____	_____

Unfinished Home Tasks

Unfinished tasks cause stress
and chaos in your life



Task	Action
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. _____	_____



Home Repair

who to contact



Repair	Contact	Phone
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. _____	_____	_____

Grocery List



✓ Groceries

PHARMACY

Alcohol
Peroxide
Antibiotic cream
Band-Aids®
Deodorant
Shampoo / Conditioner
Soap
Lotion
Eye drops
Hair gel
Bath soap
Antibacterial hand soap
Multivitamin
Hairspray
Q-tips®
Razors
Shaving cream
Toothbrush / Toothpaste
Mouth rinse
Tylenol® / Ibuprofen
Aspirin
Cold medicine

HARDWARE

Duct Tape
Light bulbs 40-75-100
WD40®
Picture Hangers
Nails

CHILD DEPT.

Baby bath
Baby shampoo
Baby lotion
Baby powder
Diapers / Wipes
Formula
Baby food
Cereal

CLEANING

Detergent
Dryer sheets
Stain remover
Dishwashing liquid
Tilex®
Brillo® Pads
Sponges
Formula 409®
Clean up spray
Clean up wipes
Lysol®
Lysol® kitchen
Toilet bowl cleaner
Rags
Gloves
Windex®
Mop / Bucket
Furniture polish
Kitchen cleaner

TRASH BAGS/STORAGE

13 gallon
30 gallon
Compactor bags
Foil
Saran® wrap
Ziploc®
Coat hangers

PAPER PRODUCTS

Kleenex®
Paper towels
Toilet paper
Travel Kleenex®
Paper plates
Paper napkins
Plastic cups

SOFT DRINKS

Coke® / Diet Coke®
Pepsi® / Diet Pepsi®
Dr. Pepper®
Sprite®
Root beer
2-liter
Bottled water big/little
Sparkling water

SNACK FOODS

Oreos®
Choc. Chip cookies
Fritos big/ little®
Potato chips
Ruffles®
Pringles®
Tortilla chips
Cheetos® big/little
Goldfish® crackers
Graham crackers
Pretzels
Popcorn
Ritz® crackers
Saltine crackers
Snack mix
Salsa

CEREAL

Apple Jacks®
Total®
Raisin Bran®
Smart Start®
Cheerios®
Pop-tarts®
Fruit Loops®
Cereal bars
Frosted Flakes®
Granola bars
Oatmeal
Syrup
Fruit Snacks

BAKING GOODS

Flour
Baking powder
Baking soda
Chocolate chips
Corn starch
Nuts
Oil / Pam® spray
Salt / Pepper
Sugar
Powdered sugar
Brown sugar
Shortening
Spices
Jell-O® / Pudding
Vanilla
Food coloring / Sprinkles
Brownie mix
Cake mix/ frosting

CANNED FRUIT

Peaches
Pineapples
Applesauce
Fruit cocktail

JUICE

Gatorade® red/green
Kool-Aid®
Cranberry
Grape
Apple juice
Juice boxes

RICE AND PASTA

Bouillon
Beef / Chicken
Spaghetti sauce
Parmesan cheese
Gravy mixes
Brown / White
Kraft Macaroni & Cheese®
Kraft Shells & Cheese®
Elbow noodles
Spaghetti
Other pasta
White rice
Minute Rice®

CANNED VEGETABLES

Creamed corn
Whole Kernel Corn
Green beans
Mushrooms
Spinach
Beets
Peas
Tomatoes 28oz / 14.5oz
Tomato sauce
Jalapeños
Whole new potatoes
Sliced new potatoes
French fried onions
Whole kernel corn
Lima beans
Kidney beans

SOUP

Chili with beans
Chili no beans
Vegetable soup
Chicken noodle
Beef broth
Chicken broth
French onion soup
Mushroom soup
Cream of chicken

CONDIMENTS

Caesar dressing
Croutons
Oil / Vinegar
Mayonnaise
Mustard
Catsup
Ranch dressing
French-Italian-Thousand
Relish
Pickles
Olives

BREAD

Wheat / white bread
Hotdog buns
Hamburger buns
French bread
Garlic bread
Dinner rolls
Grape jelly
Peanut butter
Honey
Jam

FROZEN FOODS

Frozen pizza
Lean Cuisine®
Chicken nuggets
Frozen lasagna
Frozen corn
Fish sticks
Hash browns
Broccoli spears
Chicken pot pie
Ice cream
Ice cream sandwiches
Juice bars
Orange juice/ lemon juice
Popsicles
Whipped cream
Waffles

DAIRY

Orange Juice
American cheese/slices
Biscuits
Crescent rolls
Cinnamon rolls
Margarine tub
Margarine stick
Butter stick
Cheddar cheese block
Shredded cheese
Cream cheese
Eggs
Whole milk gallon
Skim milk ½ gallons
Mozzarella cheese
Sour cream
Whipped cream
Dips
Choc. Chip Cookie Dough

MISCELLANEOUS

Pictures/ film
Greeting cards
Girl b-day present
Boy b-day present
Gift Cards
Scotch Tape
Ink Pens

PET SUPPLIES

Dog food
Cat food
Fish food
Treats
Toys

DELI

Turkey
Ham
Roast Beef
Chicken Breast
American white
Other sliced cheese
Lunchables®

MEAT

Chicken breasts
Fully cooked chicken
Chicken legs
Chicken nuggets
Hot dogs
Ground beef
Steak
Pot roast
Pork chops
Pork tenderloin
Bacon
Spiral cut ham
Frozen hamburgers
Fajita meat
Chicken
Beef

VEGETABLES

Lettuce
Bag lettuce
Tomatoes
Potatoes
Onions
Cilantro
Celery
Broccoli
Cucumber
Carrots
Baby carrots
Corn
Mushrooms

FRUITS

Apples
Oranges
Bananas
Cantaloupe
Grapes
Lemons
Peaches
Strawberries
Watermelon

CANDY

Chocolates
Licorice
Gum
Mints
Hard candy



Connections

personal

Friends . Network . Prospects.

Who do you know that you need to stay in touch with?



Connection	Phone	Comments	Date Contacted
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. _____	_____	_____	_____

Connections

business

Friends . Network . Prospects.

Who do you know that you need to stay in touch with?



Connection	Phone	Comments	Date Contacted
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. _____	_____	_____	_____

Annual Calendar at a Glance

A new year possibilities to share your hope



Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month _____						
Sun	Mon	Tue	Wed	Thur	Fri	Sat



Annual projects & tasks

Plan ahead for all repeatable events

January

1. _____
2. _____
3. _____
4. _____
5. _____

July

1. _____
2. _____
3. _____
4. _____
5. _____

February

1. _____
2. _____
3. _____
4. _____
5. _____

August

1. _____
2. _____
3. _____
4. _____
5. _____

March

1. _____
2. _____
3. _____
4. _____
5. _____

September

1. _____
2. _____
3. _____
4. _____
5. _____

April

1. _____
2. _____
3. _____
4. _____
5. _____

October

1. _____
2. _____
3. _____
4. _____
5. _____

May

1. _____
2. _____
3. _____
4. _____
5. _____

November

1. _____
2. _____
3. _____
4. _____
5. _____

June

1. _____
2. _____
3. _____
4. _____
5. _____

December

1. _____
2. _____
3. _____
4. _____
5. _____

90 Day Calendar Worksheets



Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____



90 Day Calendar Worksheets

Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____

90 Day Calendar Worksheets



Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

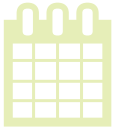
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____



90 Day Calendar Worksheets

Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Month _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Calendar at a Glance

A new month possibilities to share your hope



Month _____

S	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



MinuteLife™

Meeting Planner

Strategy. Idea. Project. Campaign. Vision.

Concept/Description

What is the desired outcome?

Who needs to be involved?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Action Steps:

1.

2.

3.

4.

5.

6.

7.

Meeting Planner

Strategy. Idea. Project. Campaign. Vision.



Concept/Description

What is the desired outcome?

Who needs to be involved?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Action Steps:

1.

2.

3.

4.

5.

6.

7.



Meeting Planner

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<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Action Steps:

1.

2.

3.

4.

5.

6.

7.

Meeting Planner

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What is the desired outcome?

Who needs to be involved?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Action Steps:

1.

2.

3.

4.

5.

6.

7.



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<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Action Steps:

1.

2.

3.

4.

5.

6.

7.

Meeting Planner

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Concept/Description

What is the desired outcome?

Who needs to be involved?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Action Steps:

1.

2.

3.

4.

5.

6.

7.

The 7 Minute Life™ Flowchart





daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

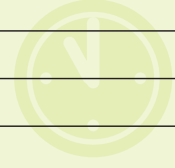
Daily Contacts

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. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No



daily progress report

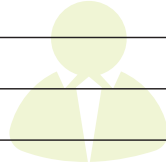
with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

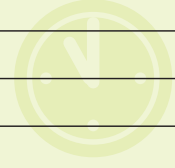
Daily Contacts

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. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

7:00 _____
 8:00 _____
 9:00 _____
 10:00 _____
 11:00 _____
 12:00 _____
 1:00 _____
 2:00 _____
 3:00 _____
 4:00 _____
 5:00 _____
 6:00 _____
 7:00 _____
 8:00 _____
 9:00 _____
 10:00 _____

Thank You Notes

1. _____ ○
 2. _____ ○
 3. _____ ○

Voice Mail

name	number
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	
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<input type="checkbox"/>	
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daily progress report

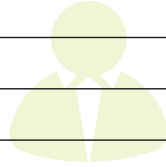
with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

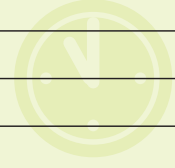
Daily Contacts

1. _____
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25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No

Appointments

7:00	_____
8:00	_____
9:00	_____
10:00	_____
11:00	_____
12:00	_____
1:00	_____
2:00	_____
3:00	_____
4:00	_____
5:00	_____
6:00	_____
7:00	_____
8:00	_____
9:00	_____
10:00	_____

Thank You Notes

1. _____
2. _____
3. _____

Voice Mail

name	number
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

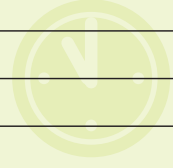
Daily Contacts

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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes

No

Appointments

7:00 _____
 8:00 _____
 9:00 _____
 10:00 _____
 11:00 _____
 12:00 _____
 1:00 _____
 2:00 _____
 3:00 _____
 4:00 _____
 5:00 _____
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 7:00 _____
 8:00 _____
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 10:00 _____

Thank You Notes

1. _____ ○
 2. _____ ○
 3. _____ ○

Voice Mail

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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

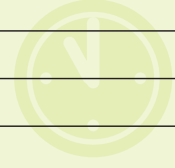
Daily Contacts

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25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00	_____
8:00	_____
9:00	_____
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10:00	_____

Voice Mail

name	number
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Thank You Notes

1. _____ ○
2. _____ ○
3. _____ ○





daily progress report

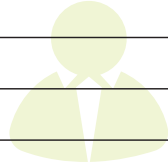
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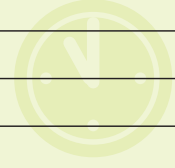
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

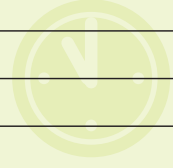
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

 Yes No



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

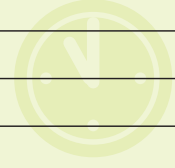
Daily Contacts

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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
3:00 _____
4:00 _____
5:00 _____
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8:00 _____
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10:00 _____

Thank You Notes

1. _____ ○
2. _____ ○
3. _____ ○

Voice Mail

name	number
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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

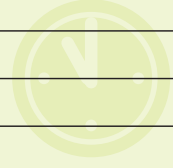
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22. _____
23. _____
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25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

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Voice Mail

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Thank You Notes

1. _____

2. _____

3. _____





daily progress report

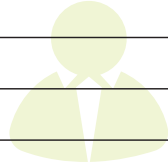
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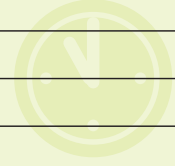
Daily Contacts

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25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No



daily progress report

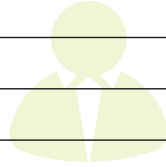
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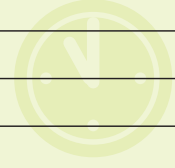
Daily Contacts

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24. _____
25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
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6. _____
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9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
3:00 _____
4:00 _____
5:00 _____
6:00 _____
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8:00 _____
9:00 _____
10:00 _____

Thank You Notes

1. _____ ○
2. _____ ○
3. _____ ○

Voice Mail

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daily progress report

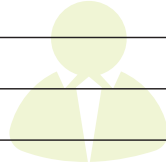
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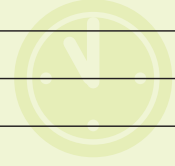
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What I will do... 5 before 11™

1. _____
2. _____
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5. _____



"7 Minute Life" Connections

1. _____
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Unfinished Tasks

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What I Spent

item	amount
1. _____	_____
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daily progress report

with contacts

S M T W Th F S
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_____ date

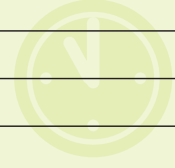
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What I will do... 5 before 11™

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"7 Minute Life" Connections

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Unfinished Tasks

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What I Spent

item	amount
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water:



sleep
in hours



exercise
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reflection
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reading
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Thank You Notes

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daily progress report

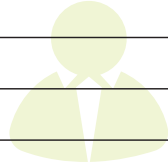
with contacts

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_____ date

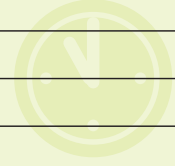
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25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes

No

Appointments

7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
3:00 _____
4:00 _____
5:00 _____
6:00 _____
7:00 _____
8:00 _____
9:00 _____
10:00 _____

Thank You Notes

1. _____
2. _____
3. _____

Voice Mail

name	number
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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daily progress report

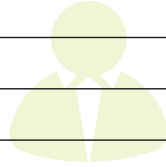
with contacts

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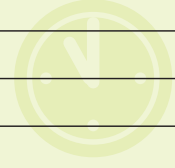
Daily Contacts

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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

7:00	_____
8:00	_____
9:00	_____
10:00	_____
11:00	_____
12:00	_____
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2:00	_____
3:00	_____
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9:00	_____
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Thank You Notes

1. _____
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name	number
<input type="checkbox"/>	_____
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daily progress report

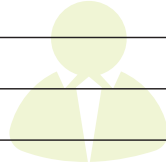
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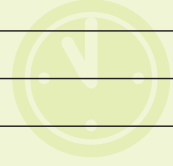
Daily Contacts

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21. _____
22. _____
23. _____
24. _____
25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

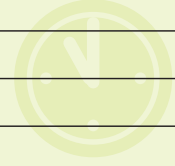
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25. _____



What I will do... 5 before 11™

1. _____
2. _____
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5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

7:00	_____
8:00	_____
9:00	_____
10:00	_____
11:00	_____
12:00	_____
1:00	_____
2:00	_____
3:00	_____
4:00	_____
5:00	_____
6:00	_____
7:00	_____
8:00	_____
9:00	_____
10:00	_____

Thank You Notes

1. _____
2. _____
3. _____

Voice Mail

name	number
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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daily progress report

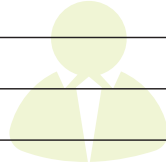
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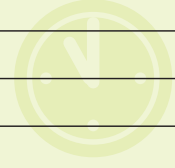
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
3:00 _____
4:00 _____
5:00 _____
6:00 _____
7:00 _____
8:00 _____
9:00 _____
10:00 _____

Voice Mail

name	number
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<input type="checkbox"/>	
<input type="checkbox"/>	

Thank You Notes

1. _____
2. _____
3. _____





daily progress report

with contacts

S M T W Th F S
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_____ date

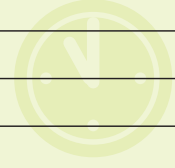
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

2:00 _____

3:00 _____

4:00 _____

5:00 _____

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7:00 _____

8:00 _____

9:00 _____

10:00 _____

Voice Mail

name	number
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Thank You Notes

1. _____

2. _____

3. _____



daily progress report

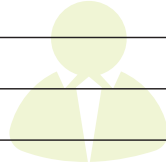
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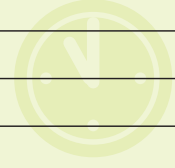
Daily Contacts

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22. _____
23. _____
24. _____
25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No

Appointments

7:00	_____
8:00	_____
9:00	_____
10:00	_____
11:00	_____
12:00	_____
1:00	_____
2:00	_____
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9:00	_____
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Voice Mail

name	number
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Thank You Notes

1. _____
2. _____
3. _____

prioritize.  organize.  simplify. 



daily progress report

with contacts

S M T W Th F S
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_____ date

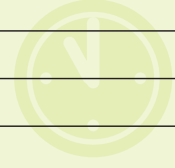
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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6. _____
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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

7:00	_____
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5:00	_____
6:00	_____
7:00	_____
8:00	_____
9:00	_____
10:00	_____

Thank You Notes

1.	_____	○
2.	_____	○
3.	_____	○

Voice Mail

name	number
<input type="checkbox"/>	_____
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daily progress report

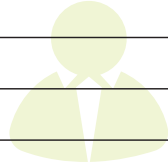
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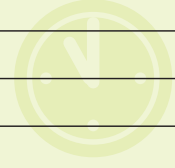
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes

No



daily progress report

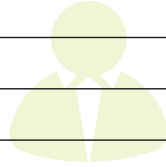
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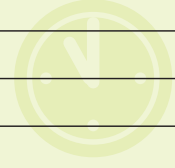
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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No



daily progress report

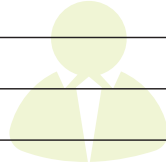
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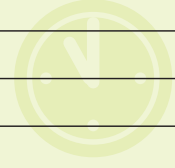
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
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4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes

No

Appointments

7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
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Thank You Notes

1. _____
2. _____
3. _____

Voice Mail

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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

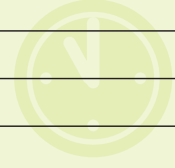
Daily Contacts

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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said I would do today?

Yes

No

Appointments

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

2:00 _____

3:00 _____

4:00 _____

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Thank You Notes

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daily progress report

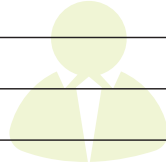
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S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

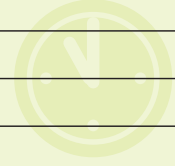
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23. _____
24. _____
25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No



daily progress report

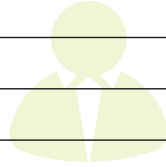
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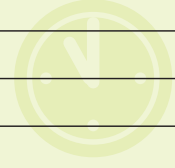
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What I will do... 5 before 11™

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"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

2:00 _____

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4:00 _____

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daily progress report

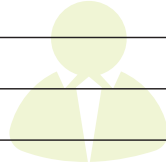
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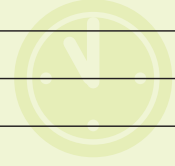
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What I will do... 5 before 11™

1. _____
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5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
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9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

7:00 _____

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Thank You Notes

1. _____

2. _____

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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

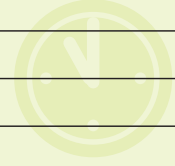
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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No



daily progress report

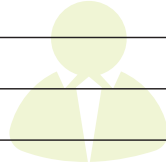
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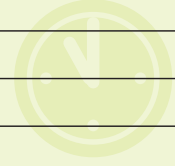
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

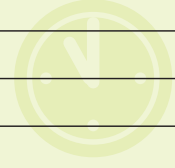
Daily Contacts

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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
3:00 _____
4:00 _____
5:00 _____
6:00 _____
7:00 _____
8:00 _____
9:00 _____
10:00 _____

Thank You Notes

1. _____
2. _____
3. _____

Voice Mail

name	number
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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daily progress report

with contacts

S M T W Th F S
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_____ date

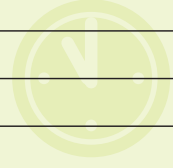
Daily Contacts

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What I will do... 5 before 11™

1. _____
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"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
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reading
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breakfast

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snack

snack

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Yes

No

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Thank You Notes

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Monthly Progress Report

Date: _____

What worked best this month?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Adjustments?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

What are your goals and deadlines for next month?

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Action steps for next month:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes

Date: _____



Notes



daily progress report

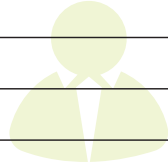
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_____ date

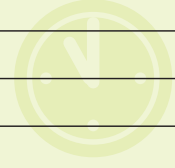
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25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____

8:00 _____

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11:00 _____

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1:00 _____

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10:00 _____

Thank You Notes

1. _____ ○
2. _____ ○
3. _____ ○

Voice Mail

name	number
■ _____	
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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

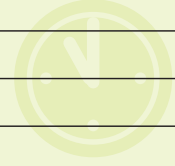
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What I will do... 5 before 11™

1. _____
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5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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What I Spent

item	amount
1. _____	_____
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water:



sleep
in hours



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reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No

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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

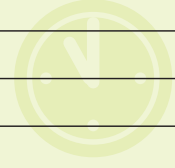
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What I will do... 5 before 11™

1. _____
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"7 Minute Life" Connections

1. _____
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3. _____



Unfinished Tasks

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1. _____	_____
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sleep
in hours



exercise
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reflection
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reading
in minutes

breakfast lunch dinner

snack snack

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Thank You Notes

1. _____

2. _____

3. _____

Voice Mail

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daily progress report

with contacts

S M T W Th F S
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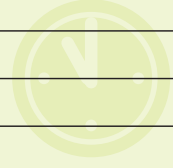
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25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes

No



daily progress report

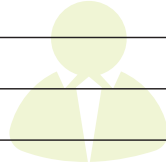
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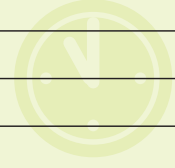
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What I will do... 5 before 11™

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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

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What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
3:00 _____
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Thank You Notes

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daily progress report

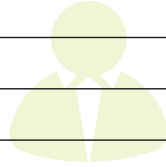
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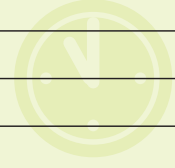
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"7 Minute Life" Connections

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Unfinished Tasks

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What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
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reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

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Thank You Notes

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daily progress report

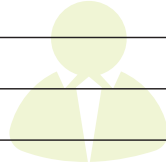
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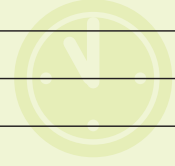
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What I will do... 5 before 11™

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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

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8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

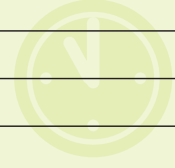
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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes

No

Appointments

7:00 _____

8:00 _____

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Thank You Notes

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daily progress report

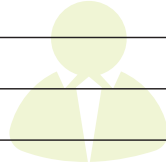
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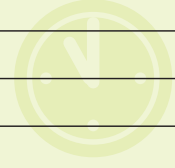
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What I will do... 5 before 11™

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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

1. _____
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7. _____
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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

 Yes No

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daily progress report

with contacts

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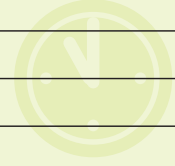
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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
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"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
8:00 _____
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daily progress report

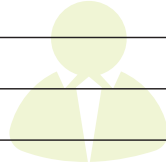
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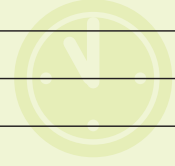
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What I will do... 5 before 11™

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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes

No

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prioritize. 
 organize. 
 simplify. 



daily progress report

with contacts

S M T W Th F S
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_____ date

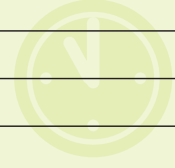
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"7 Minute Life" Connections

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Unfinished Tasks

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What I Spent

item	amount
1. _____	_____
2. _____	_____
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water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____

8:00 _____

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daily progress report

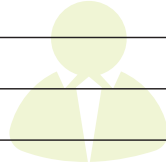
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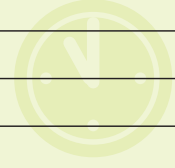
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What I will do... 5 before 11™

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"7 Minute Life" Connections

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Unfinished Tasks

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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said I would do today?

Yes

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Appointments

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daily progress report

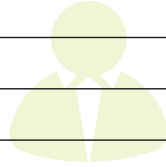
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_____ date

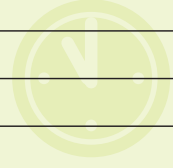
Daily Contacts

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23. _____
24. _____
25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

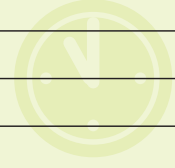
Daily Contacts

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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
 8:00 _____
 9:00 _____
 10:00 _____
 11:00 _____
 12:00 _____
 1:00 _____
 2:00 _____
 3:00 _____
 4:00 _____
 5:00 _____
 6:00 _____
 7:00 _____
 8:00 _____
 9:00 _____
 10:00 _____

Thank You Notes

1. _____
 2. _____
 3. _____

Voice Mail

name

number

name	number
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

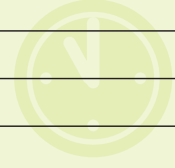
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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4. _____
5. _____
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7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

7:00 _____
 8:00 _____
 9:00 _____
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 10:00 _____

Voice Mail

name	number
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Thank You Notes

1. _____
2. _____
3. _____



daily progress report

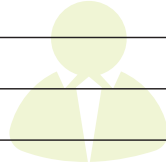
with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

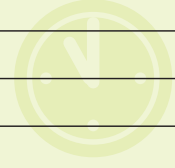
Daily Contacts

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22. _____
23. _____
24. _____
25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes

No



daily progress report

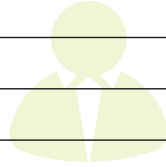
with contacts

S M T W Th F S
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_____ date

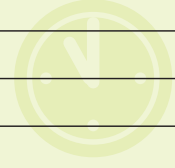
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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

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4. _____
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7. _____
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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes

No

Appointments

7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
3:00 _____
4:00 _____
5:00 _____
6:00 _____
7:00 _____
8:00 _____
9:00 _____
10:00 _____

Thank You Notes

1. _____ ○
2. _____ ○
3. _____ ○

Voice Mail

name	number
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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

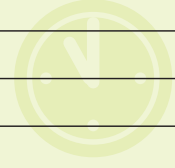
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No

Appointments

7:00	_____
8:00	_____
9:00	_____
10:00	_____
11:00	_____
12:00	_____
1:00	_____
2:00	_____
3:00	_____
4:00	_____
5:00	_____
6:00	_____
7:00	_____
8:00	_____
9:00	_____
10:00	_____

Thank You Notes

1. _____
2. _____
3. _____

Voice Mail

name	number
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

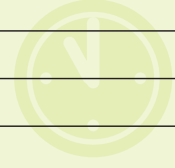
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25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said I would do today?

 Yes No

Appointments

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

2:00 _____

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4:00 _____

5:00 _____

6:00 _____

7:00 _____

8:00 _____

9:00 _____

10:00 _____

Thank You Notes

1. _____

2. _____

3. _____

Voice Mail

name	number
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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daily progress report

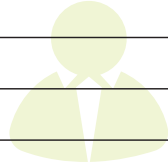
with contacts

S M T W Th F S
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_____ date

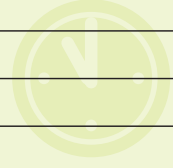
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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
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6:00 _____
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Voice Mail

name	number
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daily progress report

with contacts

S M T W Th F S
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_____ date

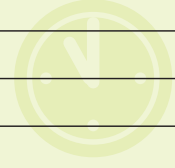
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24. _____
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
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4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

 Yes No

Appointments

7:00 _____
8:00 _____
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Voice Mail

name	number
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daily progress report

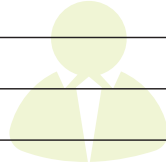
with contacts

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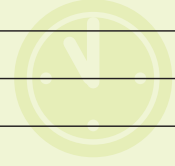
Daily Contacts

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What I will do... 5 before 11™

1. _____
2. _____
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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
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water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

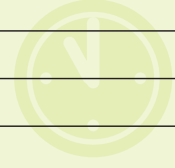
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23. _____
24. _____
25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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4. _____
5. _____
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8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
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water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast

lunch

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Did I do what I said I would do today?

Yes

No

Appointments

7:00 _____
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<input type="checkbox"/>	_____





daily progress report

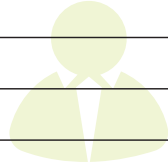
with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

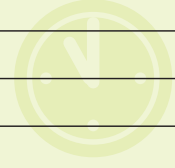
Daily Contacts

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25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said I would do today?

 Yes No

Appointments

7:00 _____
 8:00 _____
 9:00 _____
 10:00 _____
 11:00 _____
 12:00 _____
 1:00 _____
 2:00 _____
 3:00 _____
 4:00 _____
 5:00 _____
 6:00 _____
 7:00 _____
 8:00 _____
 9:00 _____
 10:00 _____

Thank You Notes

1. _____
2. _____
3. _____

Voice Mail

name

number



prioritize. 

organize. 

simplify. 



daily progress report

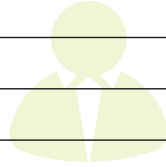
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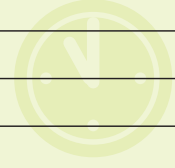
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24. _____
25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

7:00 _____
8:00 _____
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8:00 _____
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10:00 _____

Thank You Notes

1. _____
2. _____
3. _____

Voice Mail

name	number
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daily progress report

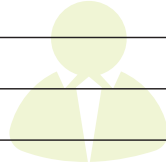
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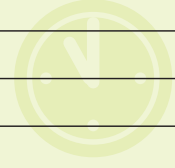
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What I will do... 5 before 11™

1. _____
2. _____
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"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
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What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

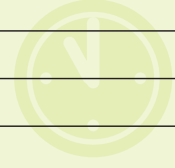
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What I will do... 5 before 11™

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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

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What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
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6:00 _____
7:00 _____
8:00 _____
9:00 _____
10:00 _____

Thank You Notes

1. _____ ○
2. _____ ○
3. _____ ○

Voice Mail

name	number
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____





daily progress report

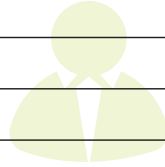
with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

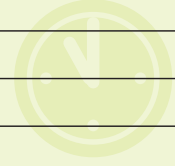
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What I will do... 5 before 11™

1. _____
2. _____
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5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
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Thank You Notes

1. _____
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Voice Mail

name	number
<input type="checkbox"/>	_____
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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

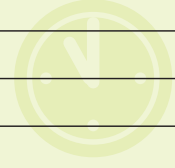
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What I will do... 5 before 11™

1. _____
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"7 Minute Life" Connections

1. _____
2. _____
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Unfinished Tasks

1. _____
2. _____
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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
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1. _____ ○
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name	number
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daily progress report

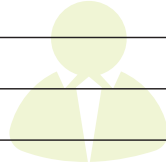
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_____ date

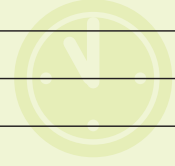
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What I will do... 5 before 11™

1. _____
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"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

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daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

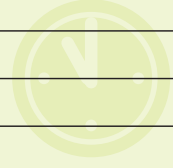
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What I will do... 5 before 11™

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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

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What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

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Monthly Progress Report

Date: _____

What worked best this month?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Adjustments?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

What are your goals and deadlines for next month?

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Action steps for next month:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes

Date: _____



Notes

Lined area for taking notes, consisting of 21 horizontal lines.



daily progress report

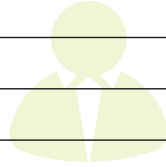
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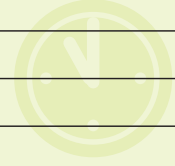
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
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9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said I would do today?

Yes

No

Appointments

7:00	_____
8:00	_____
9:00	_____
10:00	_____
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Thank You Notes

- 1. _____
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Voice Mail

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<input type="checkbox"/>	_____
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daily progress report

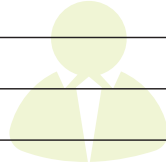
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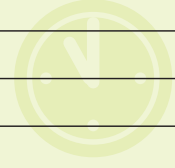
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What I will do... 5 before 11™

1. _____
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"7 Minute Life" Connections

1. _____
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3. _____



Unfinished Tasks

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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

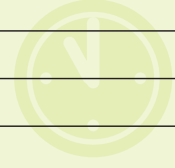
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What I will do... 5 before 11™

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"7 Minute Life" Connections

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Unfinished Tasks

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7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No



daily progress report

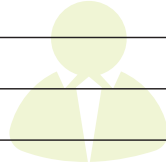
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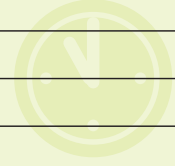
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No



daily progress report

with contacts

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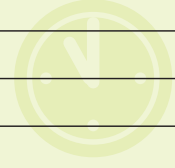
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What I will do... 5 before 11™

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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

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What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No



daily progress report

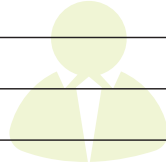
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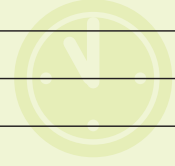
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What I will do... 5 before 11™

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"7 Minute Life" Connections

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Unfinished Tasks

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What I Spent

item	amount
1. _____	_____
2. _____	_____
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water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No



daily progress report

with contacts

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_____ date

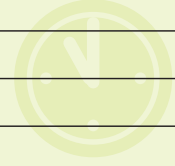
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"7 Minute Life" Connections

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Unfinished Tasks

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What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No



daily progress report

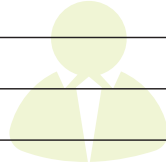
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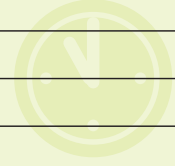
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"7 Minute Life" Connections

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Unfinished Tasks

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What I Spent

item	amount
1. _____	_____
2. _____	_____
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water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No



daily progress report

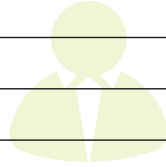
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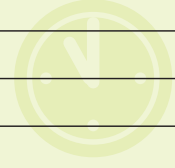
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Unfinished Tasks

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What I Spent

item	amount
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2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

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daily progress report

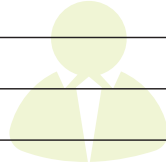
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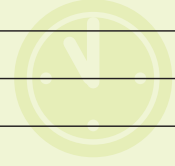
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What I will do... 5 before 11™

1. _____
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"7 Minute Life" Connections

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Unfinished Tasks

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Appointments

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

2:00 _____

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Voice Mail

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Thank You Notes

1. _____

2. _____

3. _____





daily progress report

with contacts

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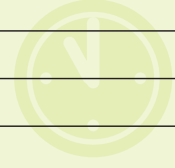
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
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7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

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Thank You Notes

1. _____
 2. _____
 3. _____





daily progress report

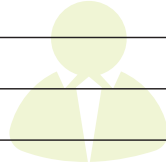
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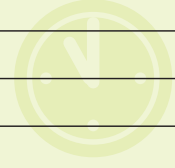
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What I will do... 5 before 11™

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5. _____



"7 Minute Life" Connections

1. _____
2. _____
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Unfinished Tasks

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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

 Yes No

Appointments

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1:00 _____

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7:00 _____

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10:00 _____

Thank You Notes

1. _____ ○

2. _____ ○

3. _____ ○

Voice Mail

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daily progress report

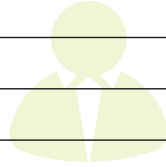
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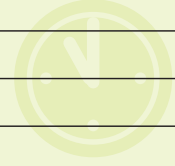
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What I will do... 5 before 11™

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"7 Minute Life" Connections

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Unfinished Tasks

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What I Spent

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water:



sleep
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daily progress report

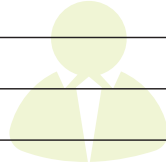
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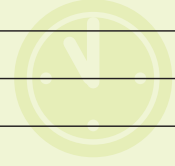
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What I will do... 5 before 11™

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"7 Minute Life" Connections

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Unfinished Tasks

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water:



sleep
in hours



exercise
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reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

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daily progress report

with contacts

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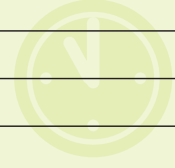
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What I will do... 5 before 11™

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"7 Minute Life" Connections

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Unfinished Tasks

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Thank You Notes

1. _____
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Voice Mail

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daily progress report

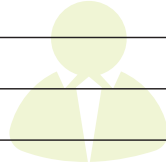
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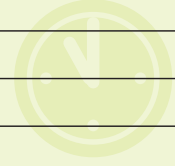
Daily Contacts

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24. _____
25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No



daily progress report

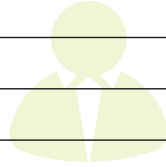
with contacts

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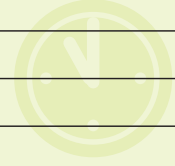
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25. _____



What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said I would do today?

Yes

No

Appointments

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

2:00 _____

3:00 _____

4:00 _____

5:00 _____

6:00 _____

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9:00 _____

10:00 _____

Thank You Notes

1. _____

2. _____

3. _____

Voice Mail

name	number
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<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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daily progress report

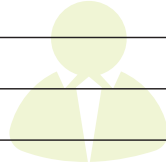
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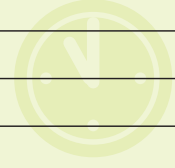
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21. _____
22. _____
23. _____
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25. _____



What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

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5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

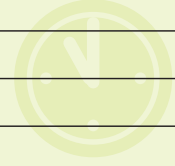
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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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5. _____
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7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said I would do today?

Yes

No



daily progress report

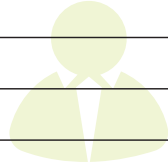
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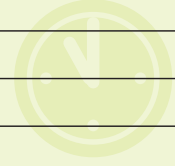
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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No



daily progress report

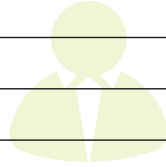
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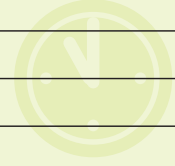
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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
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6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

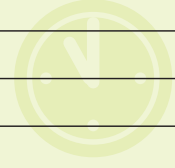
Daily Contacts

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What I will do... 5 before 11™

1. _____
2. _____
3. _____
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"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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5. _____
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7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes
No

Appointments

- 7:00 _____
- 8:00 _____
- 9:00 _____
- 10:00 _____
- 11:00 _____
- 12:00 _____
- 1:00 _____
- 2:00 _____
- 3:00 _____
- 4:00 _____
- 5:00 _____
- 6:00 _____
- 7:00 _____
- 8:00 _____
- 9:00 _____
- 10:00 _____

Thank You Notes

1. _____
2. _____
3. _____

Voice Mail

name	number
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____

prioritize.  organize.  simplify. 



daily progress report

with contacts

S M T W Th F S
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_____ date

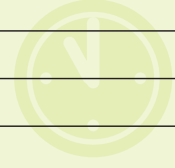
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
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"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
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6. _____
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8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

2:00 _____

3:00 _____

4:00 _____

5:00 _____

6:00 _____

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10:00 _____

Thank You Notes

1. _____ ○
2. _____ ○
3. _____ ○

Voice Mail

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daily progress report

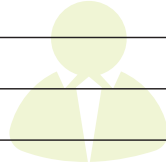
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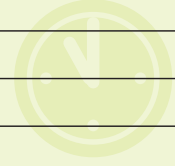
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What I will do... 5 before 11™

1. _____
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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

1. _____
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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

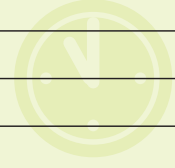
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
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4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No



daily progress report

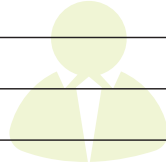
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_____ date

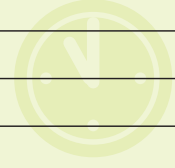
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What I will do... 5 before 11™

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"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

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8. _____
9. _____
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What I Spent

item	amount
1. _____	_____
2. _____	_____
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water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

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Voice Mail

name	number
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<input type="checkbox"/>	

Thank You Notes

1. _____
2. _____
3. _____



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

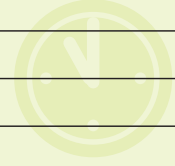
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What I will do... 5 before 11™

1. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
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What I Spent

item	amount
1. _____	_____
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water:



sleep
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reflection
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in minutes

breakfast lunch dinner

snack snack

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 3. _____





daily progress report

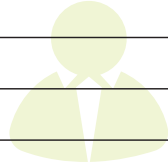
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S M T W Th F S
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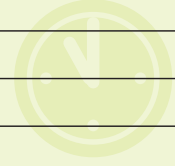
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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

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What I Spent

item	amount
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sleep
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12:00 _____

1:00 _____

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Thank You Notes

1. _____

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daily progress report

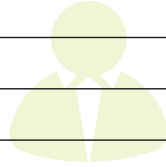
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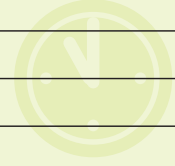
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep in hours



exercise in minutes



reflection in minutes



reading in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
 8:00 _____
 9:00 _____
 10:00 _____
 11:00 _____
 12:00 _____
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Thank You Notes

1. _____
2. _____
3. _____



daily progress report

with contacts

S M T W Th F S
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_____ date

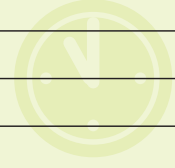
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What I will do... 5 before 11™

1. _____
2. _____
3. _____
4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
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6. _____
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8. _____
9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast lunch dinner

snack snack

Did I do what I said I would do today? Yes No

Appointments

7:00 _____
8:00 _____
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10:00 _____
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Thank You Notes

- 1. _____
- 2. _____
- 3. _____

Voice Mail

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daily progress report

with contacts

S M T W Th F S
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_____ date

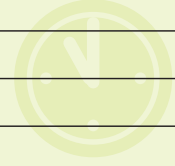
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What I will do... 5 before 11™

1. _____
2. _____
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4. _____
5. _____



"7 Minute Life" Connections

1. _____
2. _____
3. _____



Unfinished Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
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9. _____
10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast _____ lunch _____ dinner _____

snack _____ snack _____

Did I do what I said I would do today? Yes No

Appointments

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

2:00 _____

3:00 _____

4:00 _____

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Thank You Notes

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2. _____ ○
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daily progress report

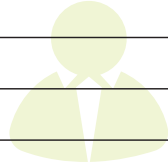
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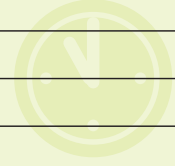
Daily Contacts

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What I will do... 5 before 11™

1. _____
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"7 Minute Life" Connections

1. _____
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Unfinished Tasks

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10. _____



What I Spent

item	amount
1. _____	_____
2. _____	_____
3. _____	_____



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast

lunch

dinner

snack

snack

Did I do what I said
I would do today?

Yes

No

Appointments

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

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Thank You Notes

1. _____

2. _____

3. _____

prioritize.  organize.  simplify. 

Monthly Progress Report

Date: _____

What worked best this month?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Adjustments?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

What are your goals and deadlines for next month?

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Action steps for next month:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes

Date: _____



Notes



Notes

Date: _____



Notes



Notes

Date: _____



Notes

Notes

Date: _____



Notes

Notes

Date: _____



Notes

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Notes

Date: _____



Notes

TiME Strategy Tools

Time Management Strategy tools to Prioritize, Organize & Simplify® your life.



The 7 Minute Life™ Daily Planner

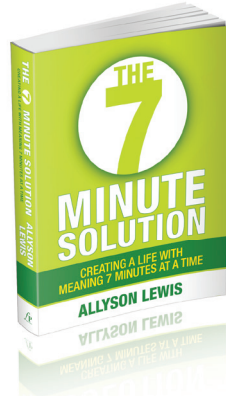
The 7 Minute Life™ Daily Planner is simple to use and has been purchased by thousands of people who are looking for practical tools to **ORGANIZE** their lives.

Once you have **prioritized** your values, you need to **organize** your goals into a daily plan of action. **The 7 Minute Life™ Daily Planner** is a systematic, repeatable process to take your 90-day goals and **simplify** them into 5 daily high value action steps you will commit to complete before 11:00AM. Your **5 before 11™** list will become one of the primary keys to your success. Chaos, distraction, indecision and procrastination are enemies of success. "Prioritizing, Organizing and Simplifying" allows you to focus on what is truly important to you.

\$19.95 per copy

or, buy 3 get 1 FREE

Buy Now



The 7 Minute Solution

When was the last time you took even 7 Minutes to **THINK** and **WRITE** down what a MORE meaningful life would look like for you?

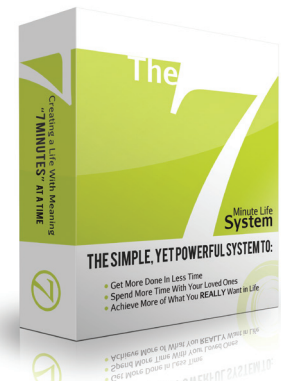
I wanted MORE out of life, but was having a hard time clarifying what that MORE even was. We are all so BUSY that life just passes us by... days, weeks, months and even years pass by carrying our hopes and dreams with them. **The 7 Minute Solution** is not just my story – it is YOUR story. It is the story of moms and dads. It is the story of corporate executives. It is the story of teachers and nurses. It is the story of entrepreneurs and sales people.

It is the human story of that never ending drive to experience a life that matters.

\$16 per copy

Paperback

Buy Now



The 7 Minute Life™ System

NOTE: The 7 Minute Life™ System is one of the benefits of LEVEL2 UPGRADE.

The 7 Minute Life™ System is our full time management strategy & life management strategy system.

We are currently updating this full length program to include access to our latest information.

This program has a retail value of over \$897. You can buy it now for **\$297**.

\$297 Limited time offer

Upgrade to LEVEL2: Become a FREIND

Buy Now

Scan the QR code to read more about our books and tools
<http://the7minutelife.com/view-all-products>



Upgrade your membership in The 7 Minute Life™ Community to LEVEL2 — Receive instant access to The 7 Minute Life™ System.

The 7 Minute Life™ System

The 7 Minute Life™ System will equip you with all the tools you need to immediately Prioritize, Organize, and Simplify® your life.

Upgrade to LEVEL2: Become a FRIEND of The 7 Minute Life™ Community. This is your onboarding information.



Are you ready to move from a treadmill of busyness to identifying and achieving what matters most to you? If so, The 7 Minute Life™ System will equip you with all the tools you need to immediately Prioritize, Organize, and Simplify your life.

The 7 Minute Life™ System, includes: The 7 Minute Life™ System Workbook/Binder, The Seven Minute Difference, The 7 Minute Solution,

a full year's supply of The 7 Minute Life™ Daily Planners, The 7 Minute Revolution - a 10 module video and audio training series, an audio titled The Principles of Planning, and our newest tool - Strategic Business Plan Templates.

You get immediate access to all of the electronic portions of The 7 Minute Life™ System... and, we will ship the books and your full year's supply of The 7 Minute Life™ Daily Planners.

You can buy this training system for \$297 (Separately these resources cost \$897 -- You save \$600) .



Allyson Lewis

Connect with us



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Jonesboro, AR 72403
870.897.0845

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www.linkedin.com/in/allysonlewis
Pinterest: *The7MinuteLife*

Join The 7 Minute Life™ Community

Tools for people just like you. Access our most popular time management tools in one place.

Mission of The 7 Minute Life™ is to provide:

TiME Management Strategies to Prioritize, Organize & Simplify® Your Life at Work & at Home

Over the last several years, we have focused on providing Time Management Strategies to people just like you and we have found that our users needed ongoing training for optimizing using the tools, accountability, support and encouragement and new solutions to their time management problems. One thing we have discovered as we have mentored thousands of people is that the people with a strong network around them change and grow the fastest. Simply put--We are smarter together.

The 7 Minute Life™ Community

Therefore, we have created 3 levels of

The 7 Minute Life™ Community — Fans, Friends, and VIP Contributors — that you can take advantage of to accelerate your transformation from living a life of chaos, disorganization and stress to experiencing a life in alignment with your priorities, filtered through your purpose and focused on accomplishing high value activities that bring meaning and fulfillment to your daily tasks.

The 7 Minute Life™ Community - 3 Levels of Membership

Level 1. **FANS**

FANS have free access to 20+ of our most popular **TiME Management Strategy tools**, checklists, forms, and worksheets which help you lay a solid foundation to Prioritize, Organize and Simplify® your life at work & at home.

FREE

Level 2. **FRIENDS**

FRIENDS gain full unlimited access to **The 7 Minute Life™ System** which includes not only a host of our best tools and books for rapidly improving your time management skills, but it also includes access to online video training.

\$297 per year

Level 3. **VIP Contributors**

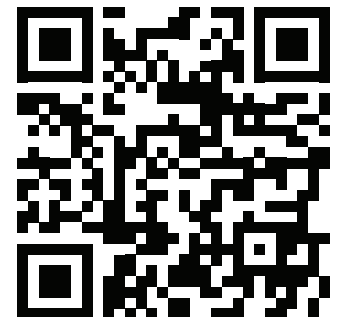
VIP CONTRIBUTORS are an enthusiastic community of like-minded individuals committed to continually learning and connecting with one another to share strategic ideas so they can live with even deeper purpose.

\$77 per month

Available soon...

***Scan the QR code to join us
Become a member of 7 Minute Life™ Community***

<http://the7minutelife.com/register>

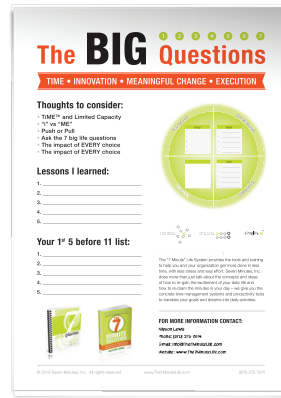


The 7 Minute Life™ offers Live Training

You can be different tomorrow than you are today. Continual learning is a gift.

- ❓ *Is your organization lacking focus and clear strategic goals?*
- ❓ *Are personally tired, overwhelmed and stressed?*
- ❓ *Is time management a problem?*

Live training is hands down THE best way to focus your team, set clear attainable goals and re-ignite energy and motivation that gets results. Our programs don't just tell you what you need to do to improve your time management skillsets. You and your team will be able to instantly implement these powerful and intuitive ideas, strategies and tools into your daily life.



Our audiences include:

- Corporations
- Senior Leadership Retreats
- Non-Profit Organizations
- Conferences
- Universities

We offer:

- Keynote Presentations
- Breakout Sessions
- Webinars
- 1 to 4 hour Programs
- Full Day Training Events
- Two Day Retreats

Scan the QR code to hire us to speak at your next event.

Phone: 870.275.7674

Email: info@The7MinuteLife.com

Web: <http://the7minutelifelife.com/speaking-information>



Exercise Progress Report

Check off the days you've worked out or exercised



JANUARY							
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AUGUST							
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SEPTEMBER							
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OCTOBER							
S	M	T	W	Th	F	S	
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NOVEMBER							
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DECEMBER							
S	M	T	W	Th	F	S	
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

prioritize. 

organize. 

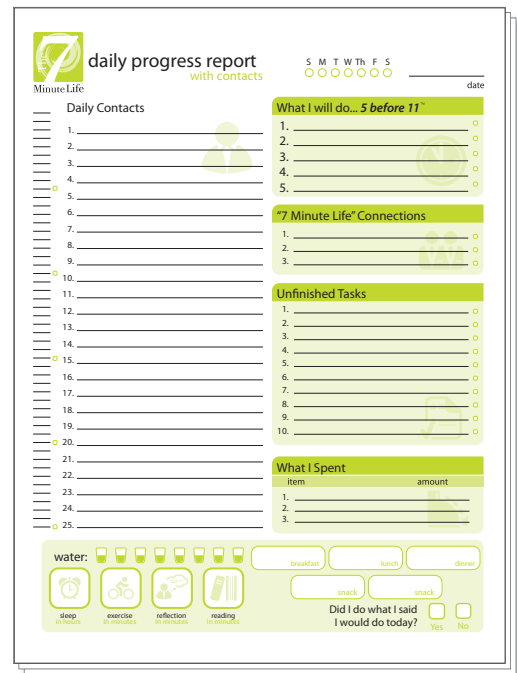
simplify. 

Change Your Life in 7 Minutes a Day

The 7 Minute Life™ Daily Planner will help you unlock your purpose, potential, and passion to transform your professional personal lives. Focusing on activities that capture your attention and excite your soul gives you boundless energy and provides a new sense of meaning and fulfillment. Become intentional about these activities and make them a consistent part of your daily life. Now is the time to proactively determine where your focus will be and how you live the rest of your life.

What if you took just 7 minutes a day to create a daily written plan of action? This planner will teach you how to:

- Reignite the passion for your daily work
- Unlock your purpose, knowledge, and strengths
- Clarify your goals
- Establish realistic priorities and written action steps
- Prioritize, Organize, and Simplify® your work for greater productivity
- Implement time management techniques to reclaim your day
- Turn your ideas into action



Are you ready to join The 7 Minute Life™ Community?



Created by:
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P.O. Box 17284
Jonesboro, AR 72403
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\$9.95

ISBN: 978-0-991123-3-3

