Make today feel a bit less overwhelming!

Today's main Focus or goal

Break that up into 3 approachable steps

1. _____

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2. _____

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3. _____

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Notes:

3 small wins for today!

(Ate breakfast...Got out of bed on time...)

1. _____

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2. _____

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3. _____

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Brain Dump - Get out the clutter and make it manageable!

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SMALLER STEPS ARE EASIER TO TACKLE. ALLOW YOURSELF TO FOCUS ON WHAT CAN BE DONE NOW.