

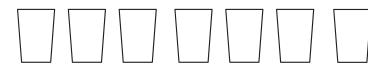
Plan for today /

Date /

Top Priorities

Grateful for

6:40 - 7:00	<input type="checkbox"/>	Wake / Water / Stretch
7:00 - 7:50	<input type="checkbox"/>	Writing:: personal only
7:50 - 8:00	<input type="checkbox"/>	Review priorities & calendar
8:00 - 8:30	<input type="checkbox"/>	Meditation
8:30 - 8:55	<input type="checkbox"/>	Shower & Coffee
9:00 - 11:00	<input type="checkbox"/>	ASB: Quoting, orders, follow -up
11:00 - 12:00	<input type="checkbox"/>	Bellarmino Publishing
12:00 - 12:45	<input type="checkbox"/>	Lunch and break
1:00 - 2:00	<input type="checkbox"/>	ASB Prospecting & marketing
2:00 - 3:30	<input type="checkbox"/>	ASB
3:30 - 3:50	<input type="checkbox"/>	Author promotion / social media
3:50 - 4:15	<input type="checkbox"/>	Speaking: Research / outreach
4:15 - 4:30	<input type="checkbox"/>	Wrap-up / plan for tomorrow
4:30 - 5:30	<input type="checkbox"/>	Dinner shopping and cooking
7:00 - 8:00	<input type="checkbox"/>	Exercise

 **Water**

To do list