

Today:

Manage Your Particles®

MASTER Your Day™

**KMack®**  
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TOP KEY GOALS:

1.

2.

3.

MOVE THE NEEDLE ON:

>—————>

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

schedule:

to do:

6am \_\_\_\_\_  
7am \_\_\_\_\_  
8am \_\_\_\_\_  
9am \_\_\_\_\_  
10am \_\_\_\_\_  
11am \_\_\_\_\_  
12pm \_\_\_\_\_  
1pm \_\_\_\_\_  
2pm \_\_\_\_\_  
3pm \_\_\_\_\_  
4pm \_\_\_\_\_  
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6pm \_\_\_\_\_  
7pm \_\_\_\_\_

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