



MY AMAZING HABIT LIST



And once you understand that habits can change, you have the freedom and the responsibility to remake them. - Charles Duhigg

	M	T	W	TH	F	S	SU
I took breaks/did something to recharge my batteries							
I worked at least 2 hours on my core activities.							
I planned enough buffer.							
I planned the next day or the next week.							

NOTES: