

# Claiming My Power Hour



## DAY 1

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 2

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 3

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 4

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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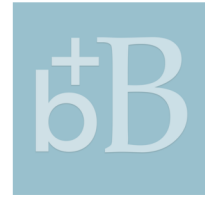
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# Claiming My Power Hour



## DAY 5

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 6

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 7

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 8

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 9

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 10

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 11

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 12

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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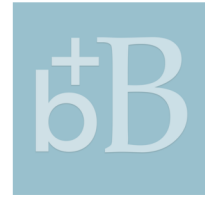
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# Claiming My Power Hour



## DAY 13

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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# Claiming My Power Hour



## DAY 14

HOW I SPENT MY FIRST 30 MIN THIS MORNING

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HOW I SPENT MY LAST 30 MINUTES BEFORE BED

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REFLECTIONS, THOUGHTS, IDEAS FOR TOMORROW

What will I keep doing, stop doing, start doing?

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