

Creating a Day Worth Living

Date \_\_\_\_\_

Time up \_\_\_\_\_ (must be before 9 am)

Time down \_\_\_\_\_ (should be between 8 & 11)

Time of first Connection with another person \_\_\_\_\_

Something fun \_\_\_\_\_

Something productive \_\_\_\_\_

Something for someone else \_\_\_\_\_

Something for exercise \_\_\_\_\_

Something outside \_\_\_\_\_

Skills used today \_\_\_\_\_

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