

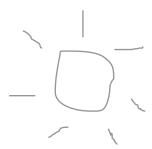
I have just completed my morning meditation. Here is what I will do first thing today:

My Three Momentum Activators:

1

2

3



I am ready to go to sleep now. Here is What My Day Was Like:

The Things I That I Have Done Right:



The Things That I Could Have Done Better:

My Momentum Feels:





