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| Date:Time: | Current Habits: What do you currently do in one day. Be honest… | New Habits: Replay bad habits with better habits by writing them in your schedule. |
| **Responsibilities that require time, money and attention.**  |  | **Spiritual: Gratitude love and faith for Hirer power, God, The All.** **Mental: Becoming a disciple of oneself – Discipline.** **Emotional: Virtue and Belief.****Physical: Exercise Habits.****Nutritional: Dietary Habits.** **Financial: Earning, Saving, Investing, Insuring.** **Environmental: Family, Friends, Associates.** |
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