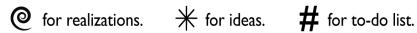
Date:	State of Mind:	Show-up Free-write

Mark-up the free write with the following:



I'm grateful for:
I
2
3
7
Today's Action Goals: (Check each off as you complete it. Three daily action items per project. Enter these the night before.)
Project:
Project:
Project:
Check-in (End-of-day status)
Today's wins