

FINDING EQUILIBRIUM

WELLBEING JOURNAL

2024

FindingEquilibrium_Journal .indd 1 29/11/2023 3:00 pm

'This Day Will Never Come Again'

'Every day doesn't have to be good,
but you can always find something good in every day'

'Will the future be coloured by hope or fear?
The choice is always ours'

FindingEquilibrium_Journal .indd 2 29/11/2023 3:00 pm

Welcome to The Finding EQUILIBRIUM Journal.

Let me start by asking you a question. It's not a trick question. There's no right or wrong answer. The question is:
What does Wellbeing mean to you?

Having asked this question at all of our Wellbeing at Work Summits over the last few years in the different regions of the world, the word that always seems to come to the surface is balance.
But what does balance mean? The word itself can be intangible. The accounting world naturally has made it more tangible with tools like: The Balance Sheet which makes it very clear if the financial health of a business is in balance or not.

If you extend that concept to life, we recognise that we all have our own 'balance sheet of life'. The trouble is that we may not review it regularly enough to bring awareness to problems so that we can course correct.

This is where the Finding EQUILIBRIUM Wellbeing Journal comes in.

This is the place to check-in with yourself everyday. To reflect, to express gratitude, to plan, to set intentions, to celebrate and to manage and bring order to the chaos so that you can course correct, and find your point of EQUILIBRIUM every single day.

For us, EQUILIBRIUM is about managing your energy so that you feel good in your body and your mind and can better deal with the inevitable pressures, challenges and changes that come along.
There is no stress in the world, only these things.

Resilience comes from daily routines and habits. You can change your life by changing your routines and habits.

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The way it works - At a Glance

Each day more use the Journal to Check in with yourself.

Plan Forward

DATE

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money
List all of the things that you will be doing today to nourish your body and your personal mind. This is the stuff of self-care and includes: exercise, the food you plan to eat, meditation etc. Add this to your calendar in turquoise blue.	Relationships are an important driver of wellbeing. Here you list all of the people that you will be having conversations with. Add this to your calendar in red	This is work time. If you don't work in an office, then rename this to align with the actual tasks. It's your creative time, your email time, your admin time, your writing time, research time. Add this to your calendar in dark blue	This is the time when you'll be consuming other people's content. This could include reading books, watching tv, scrolling social media, checking the news, watching videos on YouTube etc. Add this to your calendar in orange	This is where you consciously decide on how much you will be spending today - just today. So the rent for today and anything else that will require financing. If you don't know, allocate a budget for the day based on previous spend. It's also the space to write down how much you'll be earning today.

1 Complete your Day Plan for Today

Language is really important, so reframe your 'To Do List' to your 'Things to Look Forward to List'. And group the tasks into one of five columns to keep it at a high level.

Intentions for Today

4 Intentions for Today

Now go back to the Plan Forward section and set your intentions for the day. As guess what? You get to do it all again! How can you be better today. Aloah! Have a great day xxx

Wellbeing Dashboard

Personal	Business - for Sales	Learnings
Mood - 0-10 Weight Blood Pressure Sleep - quantity Sleep - quality score - 0-10 Movement - #steps Food - #different plants Connection - #conversations $ - how much did you spend yesterday New Habits you want to create	Reach - which channels were used to increase awareness Opportunities - size of the pipeline Meetings - Proposals Conversion Fulfillment $	Having lived through another day, what did you learn from that day? Capture the learnings here so that you have a record

2 Complete your Wellbeing Dashboard

Reflect and Capture the Learnings

3

Add the Colour
Everything is a balance, and this page is the balance sheet of yourself as it relates to yesterday.

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges
1. On the left hand column, list all of the things that increased your wellbeing, lifted your energy and expanded your capacity? These we call 'The Glads'. Include the inconsequential things like having your favourite coffee, or driving safely to work. A big goal from this exercise is to bring awareness to the things that we take for granted. 3. Once complete, read the whole page back and reflect 4. Now go back to the Plan Forward section and set your intentions for the day. As guess what? You get to do it all again! How can you be better today	2. On the right hand column, list all of the events and things that took away your energy yesterday, took away your capacity and your wellbeing? These we call 'The Challenges'.

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 29 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 30 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

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Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 73 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 74 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 76 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 77 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 78 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 79 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 82 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 83 29/11/2023 3:00 pm

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Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 87 29/11/2023 3:00 pm

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Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 89 29/11/2023 3:00 pm

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Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 90 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 91 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 93 29/11/2023 3:00 pm

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Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 95 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 97 29/11/2023 3:00 pm

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 99 29/11/2023 3:00 pm

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FindingEquilbrium_Journal .indd 100 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 101 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 102 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 103 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 104 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 105 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 106 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 107 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 108 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 109 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 110 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 111 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 112 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 113 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 114 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 115 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 116 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 117 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 118 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 119 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 120 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 121 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 122 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 123 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 124 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 125 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 126 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 127 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 128 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 129 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 130 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 131 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 132 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 133 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 134 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 135 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 136 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 137 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 138 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 139 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 140 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 141 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 142 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 143 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 144 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 145 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 146 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 147 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 148 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 149 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 150 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 151 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 152 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 153 29/11/2023 3:00 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 154 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 155 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 156 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 157 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 158 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 159 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 160 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 161 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 162 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 163 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 164 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 165 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 166 29/11/2023 3:00 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 167 29/11/2023 3:00 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 168 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 169 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 170 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 171 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 172 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 173 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 174 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 175 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 176 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 177 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 178 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 179 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 180 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 181 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 182 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 183 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 184 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 185 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 186 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 187 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 188 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 189 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 190 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 191 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Wellbeing Dashboard

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FindingEquilbrium_Journal .indd 192 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 193 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 194 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 195 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 196 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 197 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 198 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 199 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 200 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 201 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 202 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 203 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 204 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

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FindingEquilbrium_Journal .indd 206 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 207 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 208 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 209 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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FindingEquilbrium_Journal .indd 210 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 211 29/11/2023 3:01 pm

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FindingEquilbrium_Journal .indd 212 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 213 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 214 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 215 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 216 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 217 29/11/2023 3:01 pm

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Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 218 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 219 29/11/2023 3:01 pm

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Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 220 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 221 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 222 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 223 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 224 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 225 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 226 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 227 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 228 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 229 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 230 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 231 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 232 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 233 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 234 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

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FindingEquilbrium_Journal .indd 236 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 237 29/11/2023 3:01 pm

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FindingEquilbrium_Journal .indd 238 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

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Glads	Challenges

FindingEquilbrium_Journal .indd 239 29/11/2023 3:01 pm

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FindingEquilbrium_Journal .indd 240 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

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FindingEquilbrium_Journal .indd 242 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 243 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 244 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 245 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 246 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 247 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 248 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 249 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 250 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 251 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 252 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 253 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 254 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 255 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 256 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 257 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 258 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 259 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 260 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 261 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 262 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 263 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 264 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 265 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 266 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 267 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 268 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 269 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 270 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 271 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 272 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 273 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 274 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 275 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 276 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 277 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 278 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 279 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 280 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 281 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 282 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 283 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 284 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 285 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 286 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 287 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 288 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 289 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 290 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 291 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 292 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 293 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 294 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 295 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 296 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 297 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 298 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 299 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 300 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 301 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 302 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 303 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 304 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 305 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 306 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 307 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 308 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 309 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 310 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 311 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 312 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 313 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 314 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 315 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 316 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 317 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 318 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 319 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 320 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 321 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 322 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 323 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 324 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 325 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 326 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 327 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 328 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 329 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 330 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 331 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 332 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 333 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 334 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 335 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 336 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 337 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 338 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 339 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 340 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 341 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 342 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 343 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 344 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 345 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 346 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 347 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 348 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 349 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 350 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 351 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 352 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 353 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 354 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 355 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 356 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 357 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 358 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 359 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 360 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 361 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 362 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 363 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 364 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 365 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 366 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 367 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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FindingEquilbrium_Journal .indd 368 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 369 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 370 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 371 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

FindingEquilbrium_Journal .indd 374 29/11/2023 3:01 pm

Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 375 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 377 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 379 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 381 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 383 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 385 29/11/2023 3:01 pm

DATE _____

Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 387 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 389 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 391 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

FindingEquilbrium_Journal .indd 393 29/11/2023 3:01 pm

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

Wellbeing Dashboard

Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Personal	Business - for Sales	Learnings

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

Intentions for Today

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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Things to Look Forward to Today

Personal Time	Connection Time	Desk Time	Study Time	Money

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Dream Time

What did you dream about last night?

The Balance Sheet of Life

Glads	Challenges

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