I am awesome

I am incredible

I am generous

I am joyful

I am creative

I am grateful

I am strong

I am blessed

I am wise

I am connected

I am kind

I am understanding

I am resourceful

I am beautiful

I am a miracle

Daily Evolution Planner™

Your greatness guide to maximizing life, EVERYDAY!

Anna Dean Menezes

This copy of Daily Evolution Planner™ has been proudly authored by _____ and in part by Anna Dean Menezes.

If misplaced, please return it to me:

Address: _____

_____

Or connect with me:

Phone: _____ /_____

Email: _____

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This book is dedicated to all my clients.

Thank you for challenging me and pushing me to be the best version of myself.

Love,
ADM

About Daily Evolution Planner™

The Daily Evolution Planner™ is a guidebook designed to support goal-setting and to maximize your productivity every day.

This book is divided in three parts – the Daily Evolution Message, the Daily Evolution Manual and the Daily Evolution Scheduler™.

- The Daily Evolution Message includes Anna's message and allows you to construct your own.
- The Daily Evolution Manual familiarizes you with all the goal setting tools recommended in the book with detailed instructions on optimizing their use. You may need to spend some time understanding the concepts and learning how to use the tools.
- The Daily Evolution Scheduler™ is your everyday tool to plan and achieve your goals.

Several resources and examples have been provided throughout the book to answer typical questions and help you navigate throughout the book.

If you'd like to know more or have any questions, feel free to connect through our website:

www.admscareercoaching.com

The Daily Evolution Message

Introduction

"Love only grows by sharing. You can only have more for yourself by giving it away to others."
— Brian Tracy

I started writing this book as an attempt to establish myself as an author and an authority in career coaching and goal setting. Little did I know that it would turn into a conversation where I pour my heart to the primary author of this book – YOU.

Lao Tzu best said it, "The journey of a thousand miles begins with one step." Well, this is my first step in a journey of setting goals and pursuing them. I feel blessed that I am able to share my lessons in this journey with you as you write this book to set your own goals and pursue your own journey.

I have left a blank page immediately after this one titled 'Author's Note'. I'd encourage you use the space to write your own message – an introduction to your own book, a declaration of becoming your greatest self, a chapter of your life's journey every day.

Love,
ADM

Author's Note

(*Author's Signature*)

The Daily Evolution Manual

Chapter 1: Start NOW

"The beginning is always NOW."

— Roy T. Bennett

How do we begin this? Most events and experiences in life can be divided into 3 phases – the beginning, the middle and the end. Of course, these phases can be sub-divided or renamed or even a very different category can be commissioned with more or less than 3 titles. However, intuitively, for most us, we understand concepts in separations of 3 – be it as simple as our count to challenge one-another in a race (Ready-Set-Go) or for something as multilayered as our perception of God (Father-Son-Spirit or Brahma-Vishnu-Mahesh), or for our modern minds locating a cell phone device accurately requires triangulation. The concept of 3 also helps stabilize our daily lives, for example, a stool with 3-legs, a tricycle, and even a health regimen – diet-exercise-sleep. Thus, this book too follows the pattern of 3, starting with the Beginning.

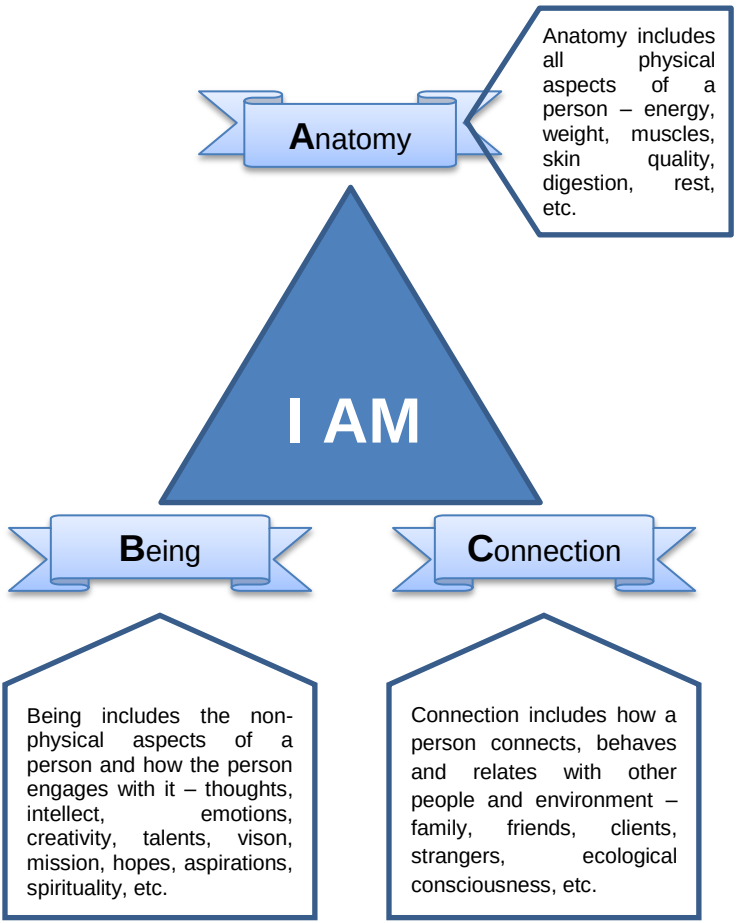
The Beginning

According to Professor Philippe Rochat (2003)[1], a person is immediately aware of the sense of self and non-self since birth and self-awareness simply keeps on maturing as the individual grows. The Rogue Test[2] has been

popularly used by researches as well as parents to observe development in their child. A dot is placed on the child's nose and is made to stand in front of the mirror. The child is said to have achieved a distinction between self and non-self if s/he touches her/his nose instead of trying to wipe it off the mirror. This development is usually observed between ages 15 to 24 months. If indeed we have developed a sense of self since we were two years old, take some time to answer to the question – WHO ARE YOU?

So, what did you write? In my experience people usually answer this question in terms of their physique, education, experience, relationships and sometimes even their interests or hobbies. Aristotle said, "Knowing yourself is the beginning of all wisdom." The reason to discuss one's 'self' is to find one's 'starting point', one's 'beginning'. Knowing who I am right now allows me to think about who I intend to become. The moment I answer this question I describe a beginning for myself.

To have a holistic understanding of 'self', I'd like to share my ABC (Anatomy-Being-Connection) formula:



The reason to have a common understanding of describing self is to realize one's unified multi-dimensional existence. The paradox stares right at us, but it exists no matter. I do not say so to produce a philosophical debate but to share my understanding of truth the simplest way possible.

Describe yourself in terms of your present ABC status. This could create your first definition of yourself and then allow you to move to the version you want to deliberately create. Once you've found your 'beginning', comes the next step – determining the destination.

Determining the Destination

Simply put, determining the destination is to determine your goals. Ideally, begin by identifying a North Star for yourself. Since the beginning of exploration by humans, sailors and navigators have used the North Star to identify their locations and to give directions for reaching their destinations. Here, your North Star Statement means the legacy of your life that you want to leave the world with. Defining the North Star for yourself then allows you to set all types of goal. Your North Star could be a mantra, a mission you decide for your life, a specific contribution you want to make to the world, or a promise that you want to fulfil.

To share a personal example, my North Star Statement is my mantra: "*Everything falls in place when I love to learn and learn to love*." Thus, most of my ABC goals are directed towards learning and loving.

Some other examples could include:

- I am designed to be creative and provide accessible medical support across the globe.
- Finding and maximizing my potential is my life's mission.

- Curiosity is my natural talent which I use to ask questions that solve the global food crisis.

Take some time and reflect what you want your North Star Statement to be. Remember, your North Star should relate to you and should be simple, easy for you to remember and it must resonate with your core.

How does it feel? Do you feel excited when you read your North Star Statement? Does it feel right? Does it feel motivating? If so then you've hit it right. Your North Star can evolve with time, and the beauty is that your North Star can be as unique as you.

Having a compelling North Star will allow you to create purposeful goals that you design for your life.

Purposeful Goal Setting

There are different ideas on ideal goal setting practices, which can range from making daily goals to 10-year goals. The basics remain same – identify what you want to achieve and how you'll go about achieving it. Goal-setting practices have also evolved and it is very common to insist on designing purposeful goals. Notable author and speaker Simon Sinek shared the value of finding the 'Why' (the purpose) in our goals very popular through his book, 'Start With Why'[3]. According to Sinek, the 'Why' becomes the fuel for our driving force while pursing goals.

In my experience goal setting is most effective with the tripartite strategy of creating annual goals with aligned quarterly sub-targets followed by daily planning to achieve the goal. The following tools are designed to take you through each aspect of creating compelling goals.

Annual ABC Goals

The ideal annual goal should be macro in appearance, which means, it should be big enough that it takes you a year to achieve and simple enough that you can plan your steps to achieving it. While designing annual goals, we focus only on the 'What' – the goal intended to achieve and the 'Why' – the personal purpose of achieving the goal. 'How' we intend to achieve the goal is specified in our monthly and daily activities.

I prefer to follow the ABC structure to create my goals and ask myself corresponding questions:

- **A**natomy: What is my health goal – Is it defined my body measurements? Is it a number on the weight scale? Is it the energy that I want to bring in my relationships? Is it my aim to live past 99 years of age?
- **B**eing: What is my being health goal – Is it a new skill that I want to learn? Is it how I want to apply my creativity? Is it the emotions I want to experience? Is it the annual $$ amount I wish to have in my bank account? Is it the lifestyle I aim to have?
- **C**onnection: What is my goal to connect with those around me – Is it my couple's goals? Is it my plan to take my parents for a world tour? Is it starting a non-for-profit that works towards a social cause that I really believe in? Is it to make online content and share it with my clients? Is it what I want to contribute to the world as my legacy?

While writing 'What' your goal is, keep it in present tense, as if you have already achieved it.

Review the example given in the next page and use it to fill up the following blank table.

Here's an example of annual goals:

	What Write 1 goal per section that you intend to achieve in a year's time Make them as specific and descriptive as possible	**Why** List all the reasons and more why it is important for you to achieve these goals about you Anatomy, Being and Connection
Anatomy Health goals –More energy, Change body weight, Better nutrition Improve sleep	I have a healthy Body Mass Index (BMI) of 20.0 point	- I feel completely confident - I feel proud of my body - I feel more active and attractive
Being Empowering emotions, Developing mind-set, Learning new skills, Becoming creative	I engage in two intensive Personal Development Seminar to develop resilience and a state of organic happiness	- I learn about improving myself - I feel successful and happy - I feel more zestful and add value to my potential
Connection Make a career to contribute to society, Stronger relationships, Improve client communication	I volunteer my time for the church youth with my spouse, twice a month, and sponsor their initiatives financially	- I believe in volunteering for youth and it allows me to do something with my spouse. - Being rich is cool and it allows me to help others - Charity allows me to actively share my resources with those in need

Using the table below, determine your annual goals with a list of compelling reasons which makes each goal purposeful:

	What Write 1 goal per section that you intend to achieve in a year's time Make them as specific and descriptive as possible	**Why** List all the reasons and more why it is important for you to achieve these goals about you Anatomy, Being and Connection
Anatomy Health goals –More energy, Change body weight, Better nutrition Improve sleep		
Being Empowering emotions, Developing mind-set, Learning new skills, Becoming creative		
Connection Make a career to contribute to society, Stronger relationships, Improve client communication		

Goal Quality Assessment

There is one more litmus test that I apply to the goals I set. There are three questions that I ask for each goal and the answer key is preset. If my answers do not match the key, I ensure that I review my goals and rewrite them to get the right answers.

These are the questions I ask:

1. Is there any personal benefit that I have in achieving this goal?
   YES – NO – MAYBE Answer: YES

2. Is there any chance, that by setting and pursuing this goal that I may harm someone, intentionally or accidentally?
   YES – NO – MAYBE Answer: NO

3. Is it possible that by setting and pursuing this goal I may benefit someone other than myself?
   YES – NO – MAYBE Answer: YES

A 3-out-of-3 score means your goal is ready to be set and pursued. A 2-out-of-3 score means your goal may need some changes before you set to pursue it. A 1 or less than 1 score means that you need to completely eliminate or change your goal.

If you'd like to assess your goal online for free, check the link: admscareercoaching.com/daily-evolution

Chapter 2: Stay STRONG

"What is worth pursuing is worth staying on course for."

— Steven Redhead

Identifying a personally resonating North Star Statement and purposeful annual ABC goals is an excellent beginning to lay track for successfully accomplishing goals. The next steps are to ensure you follow right between track lines to the end.

Quarterly Sub-Targets

Quarterly sub-targets are designed to build into the annual goals. The sub-targets are stacked to finally lead in achieving the intended outcome. The first two steps for quarterly sub-targets remain similar to that of the annual ABC goals, which is, writing 'WHAT' target needs to be achieved and 'WHY' is it essential to achieve the target. A third component gets added to the listing process, which is the 'HOW' to achieve the targets.

The most effective way of finding the 'HOW' is to practice lateral thinking. As popularized by writer Edward de Bono, lateral thinking is a set of processes that provides a deliberate, systematic way of thinking creatively those results in innovative thinking in a repeatable manner[4].

Basically, you must list all sorts of ideas about 'HOW' to achieve the target without judging its feasibility. Sifting through the ideas would be the second step to completing your very own action list of 'HOW' to achieve the target.

Quarter Sub-Target #1 (WHAT):

_____

_____

WHY – Purpose to achieve the sub-target	HOW – Ideas to achieve the sub-target
1. _____	1. _____
_____	2. _____
2. _____	3. _____
_____	4. _____
3. _____	5. _____
_____	6. _____
4. _____	7. _____
_____	8. _____
5. _____	9. _____
_____	10. _____

You can use this template to record 'HOW' you are going to achieve your sub-target. The next step would be to select the top 3 to 5 ideas that you follow-through and would help achieve the sub-target.

The final list of the 'HOWs' you want to pursue your 'WHY' to achieve your 'WHAT' can then help you plan your daily activities for working towards your goal.

The 10-minutes Day

Now comes my favourite part of goal-setting. Once the goals and sub-targets are prepared, daily planning can be easily formulated with just 10 minutes per day using the **Daily Evolution Scheduler™**. The 10 minutes is split in two parts: 7-minutes morning magic + 3-minutes night prep.

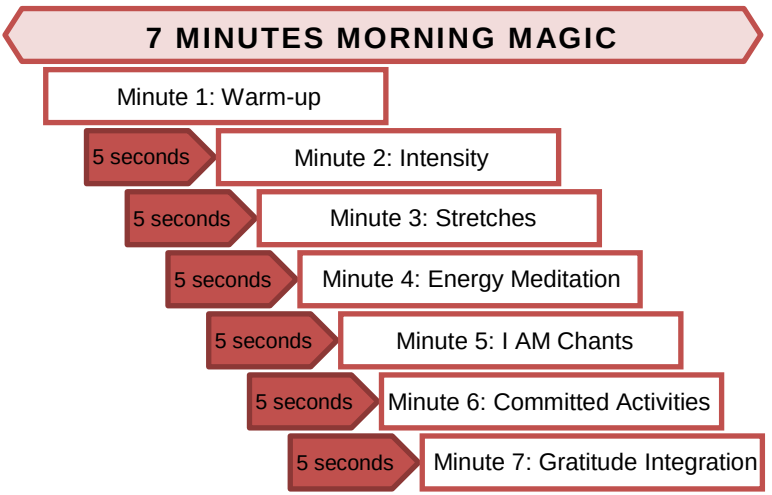
The '7-minutes morning magic' is designed to act as an expresso shot for your mornings – to get you up and ready for putting your best foot forward for the day and moving closer to your goals. Here's the rationale behind investing 7 minutes in your morning:

- Minutes 1, 2 and 3 focus on getting your body in motion targeting body's Cardio, Strength and Flexibility needs.
- Getting your body in motion is an incredible way of preparing for minute 4 – the Energy Meditation. It is easier to observe the internal dynamics of your body as it calms from previous 3 minutes of exercise.
- The 'I AM' chants in minute 5 is fashioned to make you write empowering words in the Daily Evolution

Scheduler™ to be read aloud repeatedly – as a form of nourishment for your mind.

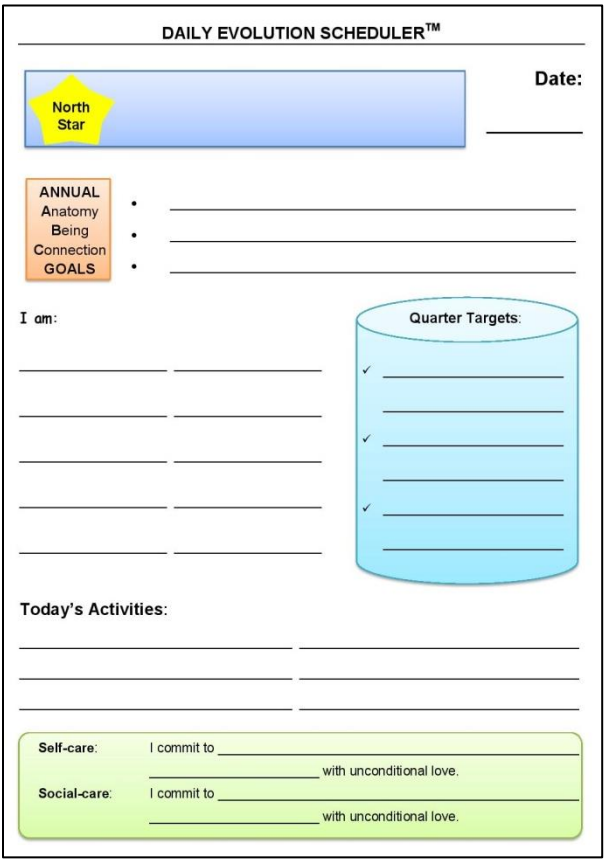
- Minute 6 allows you to review the activities you've planned from the night before in the Daily Evolution Scheduler™ and make 2 commitments – for yourself and others, which you absolutely keep during the day.
- The last minute – minute 7 is where you solidify your plans for the day by expressing whole heartedly everything you are grateful for a whole minute. You may find yourself fumbling for words, but let it naturally flow and you are ready for the day.

The idea is to dedicate 7 minutes in the morning, 1-minute for a different activity with 5-seconds of transition time, as a daily routine of setting on course towards your goals. I've developed this process for my 7-minutes and I recommend it to you from personal success.



The '3-minutes night prep' is time focused on reviewing activities accomplished during the day. Use this time to strike off your accomplishments and check how your actions are taking you towards your goals. Finish with next day prep by writing your North Star Statement, ABC Goals, Quarter Sub-targets and next day's activities.

Below is a copy of a day with the Daily Evolution Scheduler™:



DAILY EVOLUTION SCHEDULER™

North Star

Date: _____

ANNUAL Anatomy Being Connection GOALS

- _____
- _____
- _____

I am:

_____ _____
_____ _____
_____ _____
_____ _____
_____ _____

Quarter Targets:

✓ _____
_____
✓ _____
_____
✓ _____
_____

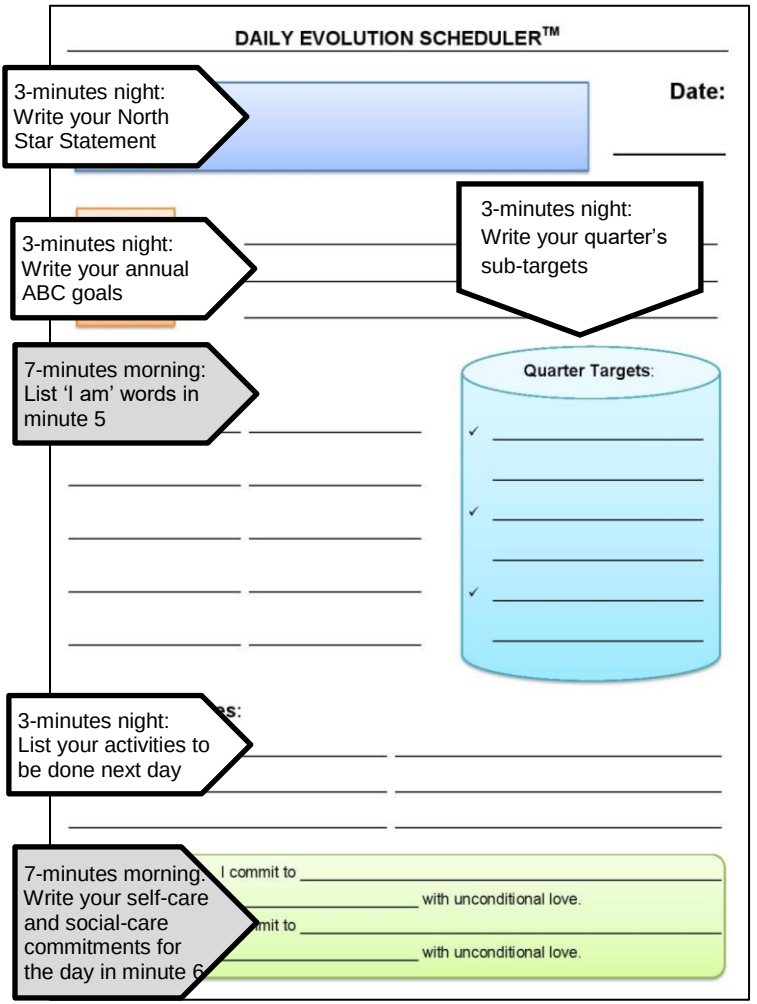
Today's Activities:

_____ _____
_____ _____
_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Here's an insight on how you can use the Daily Evolution Scheduler™ during the '3-minutes night prep' and the '7-minutes morning magic' routine.



To know more about how to integrate the '7-minutes morning magic' routine using the Daily Evolution Scheduler™ every day, you can check out my YouTube channel – ***ADM's Career Coaching***. Below is link to the playlist where I demonstrate my '7-minutes morning magic':

YOUTUBE.COM/PLAYLIST?LIST=PLP6LSHKTMHD7KRLVXB141WXGYDRJF9YSX

Chapter 3: End to BEGIN

"In every end, there is also a beginning."

— Libba Bray

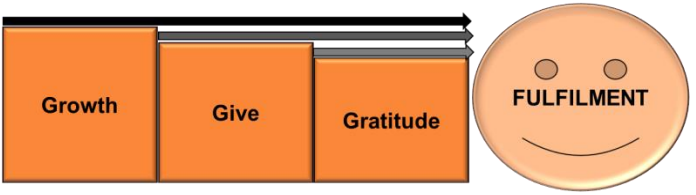
As the poet Geoffrey Chauncer first used the idiom, 'all good things must come to an end', so is it with the goals that we set. But this is a good ending. In fact, it could be the greatest moment of anybody's life to have accomplished what they set on course to do. With every goal achieved, there is room for more to be set. With every goal achieved, there is a reason to celebrate. With every goal achieved, there is a sense of success, which hopefully also leads to a feeling of fulfilment.

Finding Fulfilment

It is every human's need and right to journey through life and see fulfilment. All our desires of achieving something, our dreams of becoming someone, and our efforts of setting goals and then chasing them at all costs originates to satisfy this universal need to find fulfilment.

Typically, success feeds fulfillment. However, there is a trap where blindly running behind can leave a person exhausted, unfulfilled with a sense of emptiness. Therefore, it is critical to explore what fulfillment feels like for you.

In line with our tri-theme for the book, I'd like to leave you with three ingredients – my 3G Formula for Fulfilment:



1. Growth:
    - Begin by focusing on personal growth.
    - Investing time in yourself is the best investment you can make in your lifetime.
    - By improving yourself you set yourself up for progressing in the world.
2. Give:
    - Giving and sharing are global currencies – needed and appreciated by everyone
    - Giving allows you to impact lives beyond your own and hence is fulfilling.
    - Sharing your experiences and resources with others unconditionally is the ultimate way of celebrating success.
3. Gratitude:
    - We are taught in schools that 'Gratitude is the best Attitude' – however, with time we tend to forget the truth in the statement.
    - Be grateful of all that you achieve in your journey to fulfilment and more so who you've become in the process
    - Remember - Gratitude seals the deal for to finding all that you need and desire

End to New Beginnings

I have done my best to give you the best of what I know.
I have given you the raw material to write your life's story.

My part is done, but yours has just begun.
In just 10-minutes a day
You will find your way
To more and more glorious destinations.

I've kept my pen away
Now it is your time to live and say
The truth about your being
And write your journey with this new beginning.

So complete this book, to you I pray
For more power to you every day
And hopefully we will meet soon
As we journey through life's every bane and every boon.

With love and best wishes to you,
Anna Dean Menezes

The Daily Evolution Scheduler™

"What gets scheduled gets done."

— Michael Hyatt

North Star

Jan 01

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 02

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 03

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 04

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 05

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____
_____ _____
_____ _____
_____ _____
_____ _____

Quarter Targets:

✓ _____
_____

✓ _____
_____

✓ _____
_____

Today's Activities:

_____ _____
_____ _____
_____ _____

Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Jan 06

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____
_____

✓ _____
_____

✓ _____
_____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Jan 07

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____
_____

✓ _____
_____

✓ _____
_____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Jan 08

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____
_____

✓ _____
_____

✓ _____
_____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Jan 09

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 10

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 11

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 12

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 13

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 14

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 15

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 16

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 17

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____
_____

✓ _____
_____

✓ _____
_____

Today's Activities:

_____ _____

_____ _____

_____ _____

Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Jan 18

Annual ABC Goals

- _____
- _____
- _____

I am:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Quarter Targets:

✓ _____ _____

✓ _____ _____

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 19

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 22

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 23

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 24

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 27

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 28

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 29

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 30

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jan 31

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

North Star

Feb 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Feb 02

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 03

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 04

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 05

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 06

Annual ABC Goals

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 07

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
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Social-care: I commit to _____
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North Star

Feb 08

Annual ABC Goals

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
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Social-care: I commit to _____
_____ with unconditional love.

North Star

Feb 09

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
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Social-care: I commit to _____
_____ with unconditional love.

North Star

Feb 10

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 11

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 12

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 13

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 14

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 15

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 16

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 17

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 18

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 19

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 22

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 23

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 24

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 27

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 28

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Feb 29

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

Notes:

North Star

Mar 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 02

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 03

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 04

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 05

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 06

Annual ABC Goals

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 07

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 08

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 09

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 10

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 11

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 12

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 13

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 14

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 15

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 16

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 17

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 18

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 19

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 22

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 23

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 24

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 27

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 28

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 29

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 30

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Mar 31

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

North Star

Apr 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 02

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 03

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 04

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 05

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 06

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 07

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 08

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 09

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 10

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 11

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 12

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 13

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 14

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 15

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 16

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 17

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 18

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 19

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 20

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 22

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 23

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 24

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 26

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 27

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 28

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 29

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Apr 30

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

North Star

May 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 02

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 03

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 04

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 05

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 06

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 07

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 08

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 09

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 10

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 11

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 12

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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_____ _____

Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 13

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____
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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 14

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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_____ _____

Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 15

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 16

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 17

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____
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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 18

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____
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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 19

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 22

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 23

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 24

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 27

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 28

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 29

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

May 30

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

May 31

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

North Star

Jun 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 02

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 03

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 04

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 05

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 06

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 07

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 08

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 09

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 10

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 11

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 12

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 13

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 14

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 15

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 16

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 17

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 18

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 19

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 22

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 23

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 24

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 27

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 28

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 29

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jun 30

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

North Star

Jul 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 02

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 03

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 04

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 05

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 06

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 07

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 08

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 09

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 10

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 11

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 12

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 13

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 14

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 15

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 16

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 17

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 18

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 19

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 22

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 23

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 24

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 27

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 28

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 29

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 30

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Jul 31

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

North Star

Aug 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 02

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 03

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 04

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 05

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 06

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 07

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 08

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Aug 09

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 10

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 11

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 12

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 13

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 14

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 15

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 16

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 17

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 18

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 19

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 22

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 23

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 24

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 27

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 28

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 29

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 30

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Aug 31

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

North Star

Sep 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 02

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 03

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 04

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 05

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 06

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 07

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 08

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 09

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 10

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 11

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 12

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 13

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 14

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 15

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 16

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 17

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 18

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 19

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 22

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 23

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 24

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 27

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 28

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 29

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Sep 30

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

North Star

Oct 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 02

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 03

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 04

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 05

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 06

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Oct 07

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 08

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 09

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 10

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 11

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 12

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 13

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 14

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 15

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 16

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 17

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 18

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 19

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 22

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 23

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 24

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 27

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 28

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 29

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 30

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Oct 31

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

North Star

Nov 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Nov 02

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 03

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 04

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 05

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 06

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 07

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 08

Annual ABC Goals

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I am:

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Quarter Targets:

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 09

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Nov 10

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 11

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 12

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 13

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____
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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Nov 14

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

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✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 15

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 16

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 17

Annual ABC Goals

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I am:

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Quarter Targets:

✓ _____ _____

✓ _____ _____

✓ _____ _____

Today's Activities:

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_____ _____

_____ _____

Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 18

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 19

Annual ABC Goals

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
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Social-care: I commit to _____
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North Star

Nov 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 22

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 23

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Nov 24

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 25

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
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Social-care: I commit to _____
_____ with unconditional love.

North Star

Nov 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 27

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 28

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 29

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Nov 30

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

North Star

Dec 01

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 02

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 03

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Dec 04

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 05

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 06

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 07

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 08

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 09

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 10

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 11

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 12

Annual ABC Goals

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 13

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
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North Star

Dec 14

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 15

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 16

Annual ABC Goals

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Dec 17

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 18

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 19

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
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North Star

Dec 20

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 21

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Dec 22

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 23

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

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Annual ABC Goals

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 25

Annual ABC Goals

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 26

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
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Social-care: I commit to _____
_____ with unconditional love.

North Star

Dec 27

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
_____ with unconditional love.

North Star

Dec 28

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 29

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

North Star

Dec 30

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____
_____ with unconditional love.

Social-care: I commit to _____
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North Star

Dec 31

Annual ABC Goals

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I am:

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Quarter Targets:

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Today's Activities:

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Self-care: I commit to _____ _____ with unconditional love.

Social-care: I commit to _____ _____ with unconditional love.

Notes:

Appendix

Appendix I: References

References are listed below are in the order as quoted in the book:

1. Rochat, P. (2003**). Five levels of self-awareness as they unfold in early life**. Consciousness and Cognition. Volume 12, Issue 4, Pages 717-731

2. JoVE Science Education Database. Developmental Psychology. **The Rouge Test: Searching for a Sense of Self**. JoVE, Cambridge, MA, (2020)

3. Sinek, S. (2009). **Start With Why**. Penguin Books Inc.

4. Bono, E. (2010). **Lateral Thinking**. Penguin Books Inc.

Appendix II: About Anna Dean Menezes

Anna Dean Menezes (ADM) is a Career Coach based in Canada. She believes it is her personal vocation to teach and to learn. Her work focuses on helping individuals find career opportunities in Canada, especially newcomer immigrants. She is a skills development specialist and is an outgoing public speaker. Anna ensures that her work reflects her 'North Star Statement' – "Everything falls in place when one loves to learn and learns to love."

Connect with ADM:

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ADM's Career Coaching