

“

Give me some time
Even if I'm in the dark, I know that one day I will shine.
I'm searching this world in order to find
myself, my purpose and a meaning to my life.

My heart is at war, because I want peace in my mind.
My words don't match my thoughts how I want every time.
Not only the ones that can't see, are the ones that are blind.
Take what is yours, and I will take what is mine.

Lian

GET STARTED

Date : _____

WORKOUT *log*

mood TRACKER



EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 5

water INTAKE

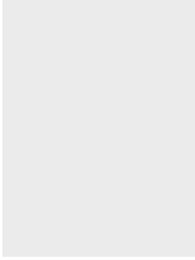
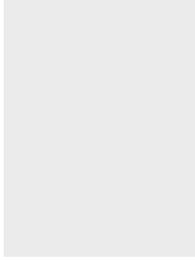
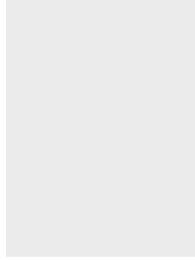
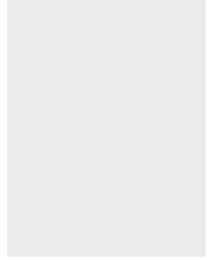
MEALS & SNACKS

BREAKFAST	LUNCH	DINNER	SNACKS

TODAY I AM
GRATEFUL FOR:

Today's AFFIRMATIONS

Today's FOCUS

PHYSICAL:	MENTAL:	SPIRITUAL:	FINANCIAL:
			

READING LOG

BOOK: _____

START PAGE:: _____ END PAGE: _____

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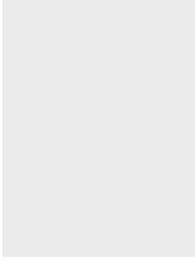
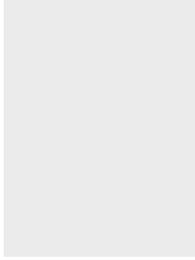
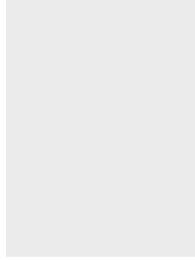
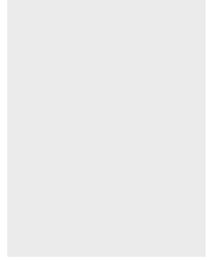
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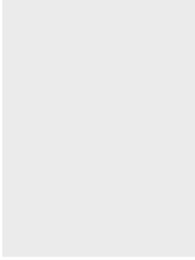
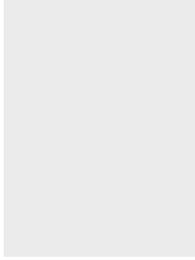
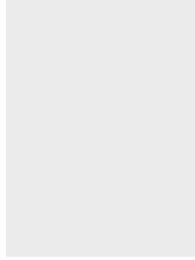
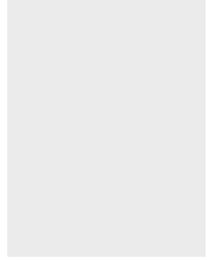
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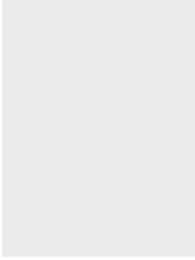
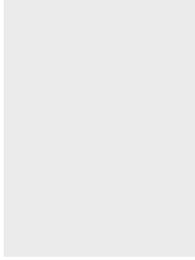
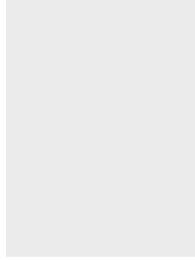
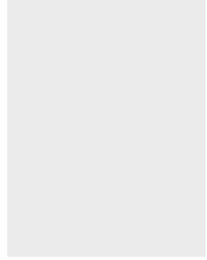
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