



## TODAY'S TICKETAPE OPTIONS

**Today's Self-item I have committed to changing is:**



**Today's tickertape options. I will focus on:**

- 1.
- 2.
- 3.

**Remember:** review your self-item throughout the day to stay on track; pick only 3 items from your To Do list; stay focused; complete your options within the day. Tomorrow is another day.

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