Check Yourself

Re-focus

- [ ] Clean Your Space: A clear space is a clear mind.
- [ ] Organize: Get a planner, use sticky notes, find a system that works for you
- [ ] Get Rid of Distractions
- [ ] Create A Personal Vision Board
- [ ] Write Out Your Goals (on paper): Put them in a visible place, look at them daily.
- [ ] Find An Accountability Partner

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