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MY 21 DAYS TWOS JOURNEY TRACKING PLANNER 2 – 22 FEBRUARY 2022

DATE	DAY COUNT	ACTION	PROGRESS NOTE	OTHER NOTE
2/2/2022	Day 1	Awareness & intention setting		
3/2/2022	Day 2	Daily awareness & gratitude		
4/2/2022	Day 3	Daily awareness & gratitude		
5/2/2022	Day 4	Daily awareness & gratitude		
6/2/2022	Day 5	Daily awareness & gratitude		
7/2/2022	Day 6	Daily awareness & gratitude		
8/2/2022	Day 7	Daily awareness & gratitude		
9/2/2022	Day 8	Daily awareness & gratitude		
10/2/2022	Day 9	Daily awareness & gratitude		
11/2/2022	Day 10	Daily awareness & gratitude		
12/2/2022	Day 11	Reflection & gratitude day		
13/2/2022	Day 12	Daily awareness & gratitude		
14/2/2022	Day 13	Daily awareness & gratitude		
15/2/2022	Day 14	Daily awareness & gratitude		
16/2/2022	Day 15	Daily awareness & gratitude		
17/2/2022	Day 16	Daily awareness & gratitude		
18/2/2022	Day 17	Daily awareness & gratitude		
19/2/2022	Day 18	Daily awareness & gratitude		
20/2/2022	Day 19	Daily awareness & gratitude		
21/2/2022	Day 20	Daily awareness & gratitude		
22/2/2022	Day 21	Reflection & gratitude day		



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DATE	DAY COUNT	ACTION	PROGRESS NOTE	OTHER NOTE
2/2/2022	Day 1	Awareness & intention setting		
2/3/2022	Day 2	Daily awareness & gratitude		
2/4/2022	Day 3	Daily awareness & gratitude		
2/5/2022	Day 4	Daily awareness & gratitude		
2/6/2022	Day 5	Daily awareness & gratitude		
2/7/2022	Day 6	Daily awareness & gratitude		
2/8/2022	Day 7	Daily awareness & gratitude		
2/9/2022	Day 8	Daily awareness & gratitude		
2/10/2022	Day 9	Daily awareness & gratitude		
2/11/2022	Day 10	Daily awareness & gratitude		
2/12/2022	Day 11	Reflection & gratitude day		
2/13/2022	Day 12	Daily awareness & gratitude		
2/14/2022	Day 13	Daily awareness & gratitude		
2/15/2022	Day 14	Daily awareness & gratitude		
2/16/2022	Day 15	Daily awareness & gratitude		
2/17/2022	Day 16	Daily awareness & gratitude		
2/18/2022	Day 17	Daily awareness & gratitude		
2/19/2022	Day 18	Daily awareness & gratitude		
2/20/2022	Day 19	Daily awareness & gratitude		
2/21/2022	Day 20	Daily awareness & gratitude		
2/22/2022	Day 21	Reflection & gratitude day		