SNOVA.app Daily Clarity Guide

Date: \_\_

Today's End of Day (Time):\_\_\_\_

Current time:\_\_\_\_\_

\*Time Remaining:\_\_\_\_\_ \*Try to limit your list to 1.5 tasks per hour. Try to limit your max to 11 tasks per day.

Capture all your thoughts, tasks, actions in your mind here. Then mark it for Today or Later.

Step 3	Ste	ep 2	Step 1	1
Done	Today	Later	Write your thought, tasks, and actions on each line:	
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"You do not rise to the level of your goals. You fall to the level of your systems." – James Clear, Atomic Habits

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