WEEKLY RHYTHM REGISTER

“The rhythm of daily action aligned with your goals creates the momentum that separates dreamers from super-achievers.” —Darren Hardy

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<thead>
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<th>Behavior/Action</th>
<th>Mon</th>
<th>Tues</th>
<th>Weds</th>
<th>Thurs</th>
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| Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.

Date Range: _____________ — ___________