

## My Goals for 2022

<b>Holy Ground</b>	
<b>Organize your time</b>	
<b>Let's do it</b>	
<b>Dear Ones Around You</b>	
<b>Oh! My Body</b>	
<b>Nurture Your Soul</b>	
<b>Finish</b>	

<i>Motto for this year</i>
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## Rhythm in all areas of life

	<b>Holy Ground</b>	<b>Organize your time</b>	<b>Let's do it</b>	<b>Dear Ones Around You</b>	<b>Oh! My Body</b>	<b>Nurture Your Soul</b>	<b>Finish</b>
<b>Daily</b>							
<b>Weekly</b>							
<b>Monthly</b>							
<b>Quarterly</b>							
<b>Yearly</b>							

# My Ideal Day

H	7.00	
	8.00	
	9.00	
O	10.00	
	11.00	
	12.00	
L	13.00	
	14.00	
	15.00	
D	16.00	
	17.00	
	18.00	
O	19.00	
	20.00	
	21.00	
N	22.00	

## My Ideal Week

	<b>Holy Ground</b>	<b>Organize your time</b>	<b>Let's do it</b>	<b>Dear Ones Around You</b>	<b>Oh! My Body</b>	<b>Nurture Your Soul</b>	<b>Finish</b>
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
6.00							
7.00							
8.00							
9.00							
10.00							
11.00							
12.00							
13.00							
14.00							
15.00							
16.00							
17.00							
18.00							
19.00							
20.00							
21.00							