

# LIFEBOX<sup>©</sup>

## BUSINESS /PASSION #1

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- \_\_\_\_\_
- \_\_\_\_\_

## BUSINESS /PASSION #2

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- \_\_\_\_\_
- \_\_\_\_\_

## BUSINESS /PASSION #3

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- \_\_\_\_\_
- \_\_\_\_\_

## SPOUSE/SIGNIFICANT OTHER

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- \_\_\_\_\_
- \_\_\_\_\_

## KIDS

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- \_\_\_\_\_
- \_\_\_\_\_

## FAMILY/FRIENDS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## HOME DUTIES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CHARITY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FINANCES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## EVENTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## VITALITY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## TRAVEL

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- \_\_\_\_\_
- \_\_\_\_\_

## SELF DEVELOPMENT/READING

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MISC

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# LIFEBOX<sup>©</sup>

## BUSINESS /PASSION #1

- Hire new team member
- Research Market
- Review Contract

## BUSINESS /PASSION #2

- Record X video content
- Webinar/Masterclass - promote
- Webinar/Masterclass - prepare presentation

## BUSINESS /PASSION #3

- Research marketing agencies
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## SPOUSE/SIGNIFICANT OTHER

- Take daily walks
- Buy tickets for event for anniversary celebration
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## KIDS

- Basketball training
- Play board games
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## FAMILY/FRIENDS

- Dinner party
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## HOME DUTIES

- Spring clean kids outgrown clothes
- Lawn/Garden care
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## CHARITY

- Monthly volunteer work -sign up
- Donate to X Charity
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## FINANCES

- Tax Preparation
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## EVENTS

- Send out Invites for X event
- Finalize vendors for X Event
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## VITALITY

- Daily Meditation
- Yoga
- HIIT

## TRAVEL

- Create draft itinerary for summer vacation to X
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## SELF DEVELOPMENT/READING

- Listen/watch The Limitless MD Podcast
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## MISC

- Computer backup
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