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Progress Template

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This is the most obvious template in the world. I hesitate to even use the word that best describes it. I want you to experience this in a new way. Here we go. Print this template out now and sit down with it at your kitchen table. Make a list of things to move forward. Pick one, and start slowly moving in that direction, with ease. Hang this sheet somewhere prominent. Stay focused on the first item until you get tired of it and then pick something else on the list. Don't work hard, move with ease and enjoy the process of making progress.

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