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| **Work** |  | **Personal** |  | **Connection/Wellbeing** |
| *e.g. Mark all assessments for BUMGT1501prior to Friday* |  | *e.g. Meditate or exercise for 30 minutes each day this week before work.* |  | *e.g. Call a friend or family member on FaceTime while walking after work.* |
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| **To-do** |
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