

# MASTERING TIME

Try tracking time like this for one week

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Stim.	Obl.	Drive.	Stim.	Obl.	Drive.	Stim.	Obl.	Drive.	Stim.	Obl.	Drive.	Stim.	Obl.	Drive.	Stim.	Obl.	Drive.	Stim.	Obl.	Drive.
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