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The Now Habit Unschedule

Hours	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 A.M.							
7-8							
8-9							
9-10							
10-11							
11-12							
12-1 P.M.							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							
11-12							
12-1 A.M.							
1-2							
2-3							
3-4							
4-5							
5-6							
Work							
Subtotals							
Total							

from *The Now Habit* by Neil Fiore, Ph.D. (1989, Jeremy P. Tarcher, Inc.)

Now Habit

KJ Lindholm-Leary



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