

*Get Your Life Back*

When am I going to fill in My Baby Steps Diary?



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Where will I be when I fill in my diary?



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Will I fill in the diary in this book or keep it somewhere else (perhaps on my phone or computer, etc.)?



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*Taking Action to Get Your Life Back*

What is my reminder?



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What stopped me from filling in my diary?



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My plan to get over things that are stopping me from filling in my diary



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