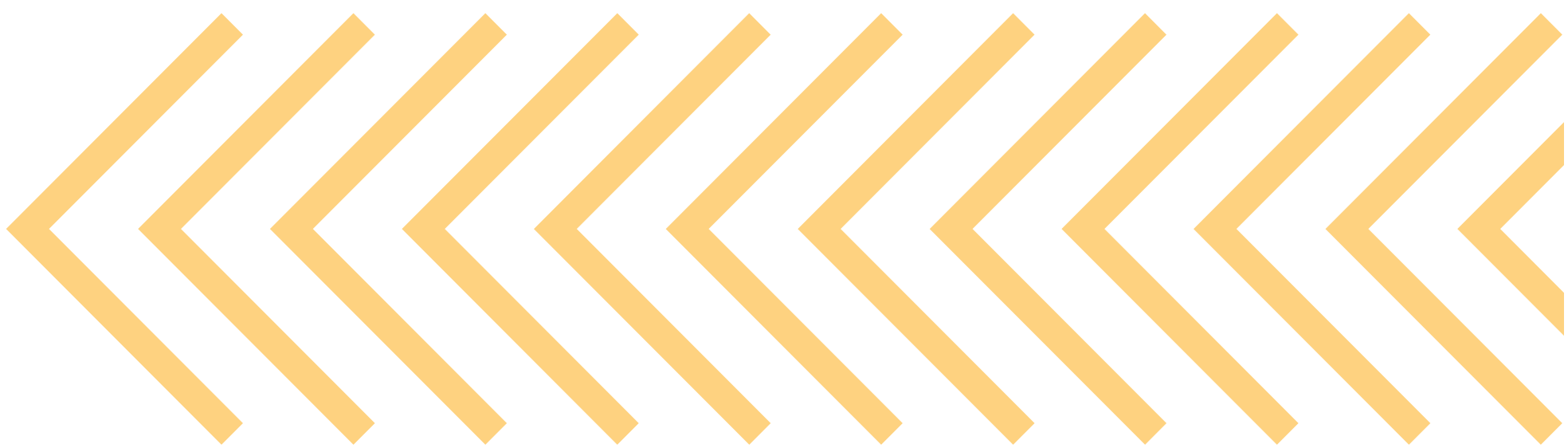


BRAVE  
BOLD   
BRILLIANT®



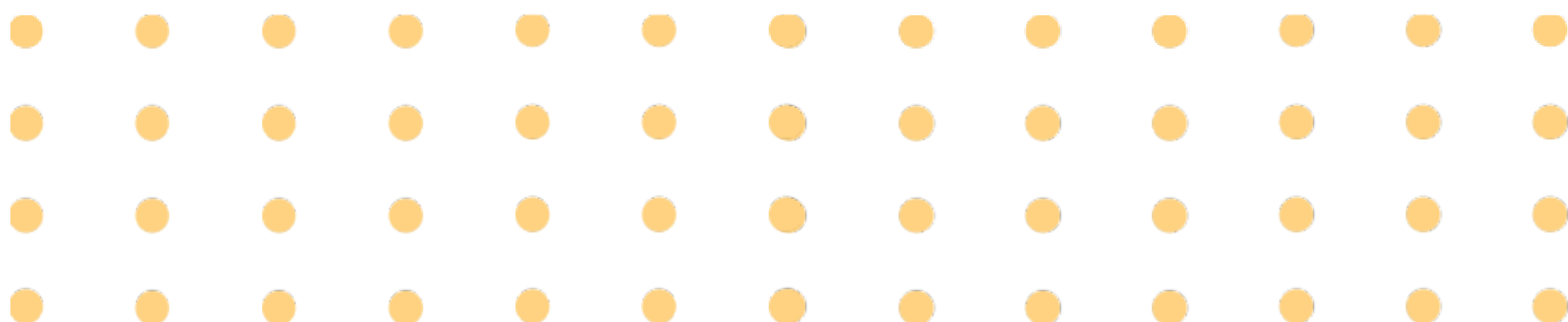
28 DAY  
WORK LOG

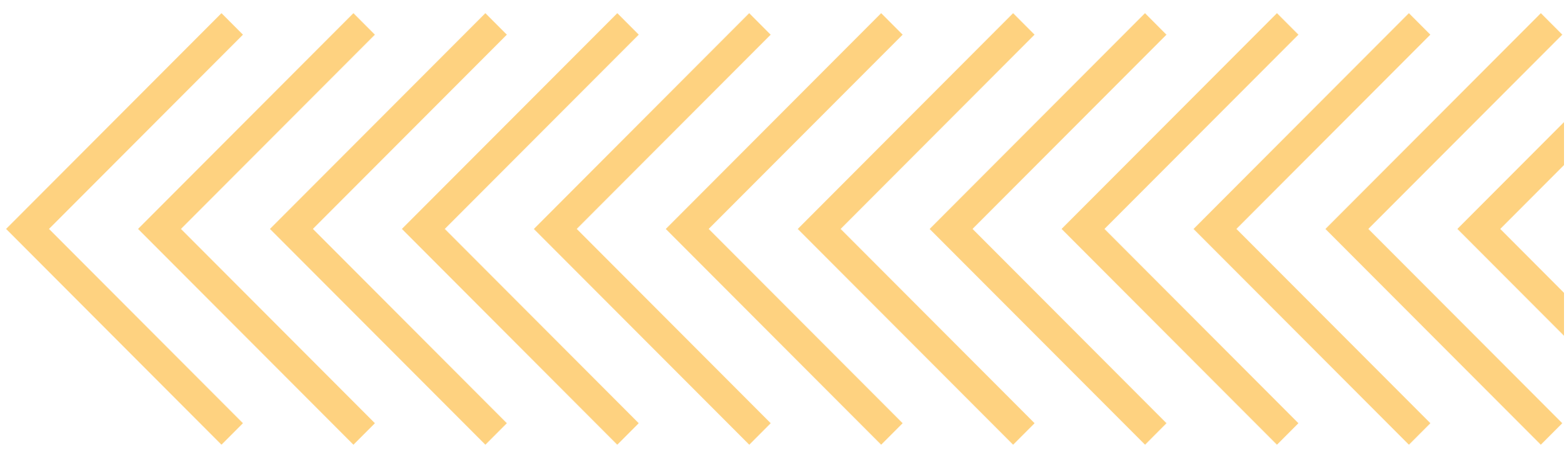


# DAY 1

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

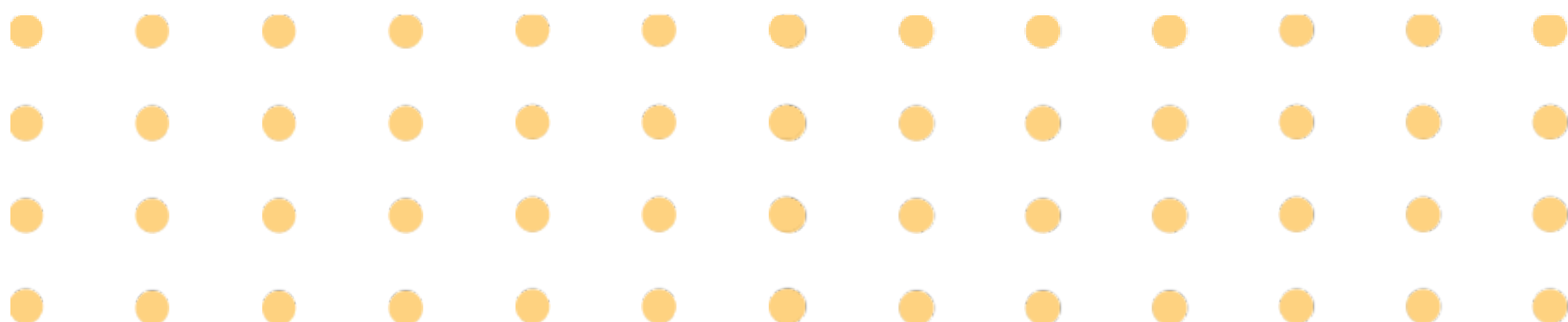


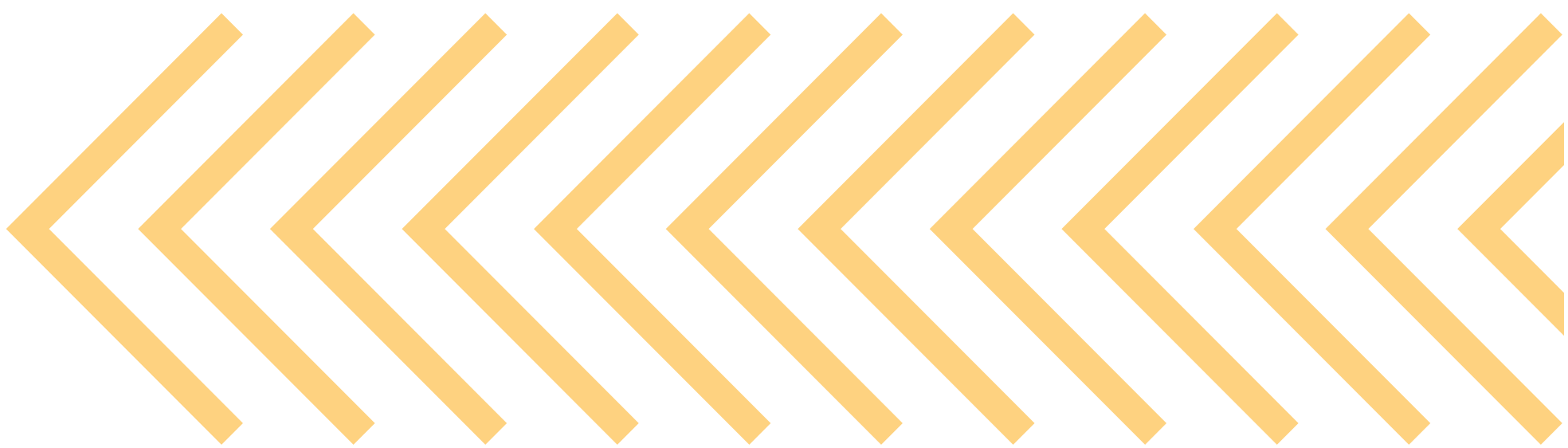


# DAY 2

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

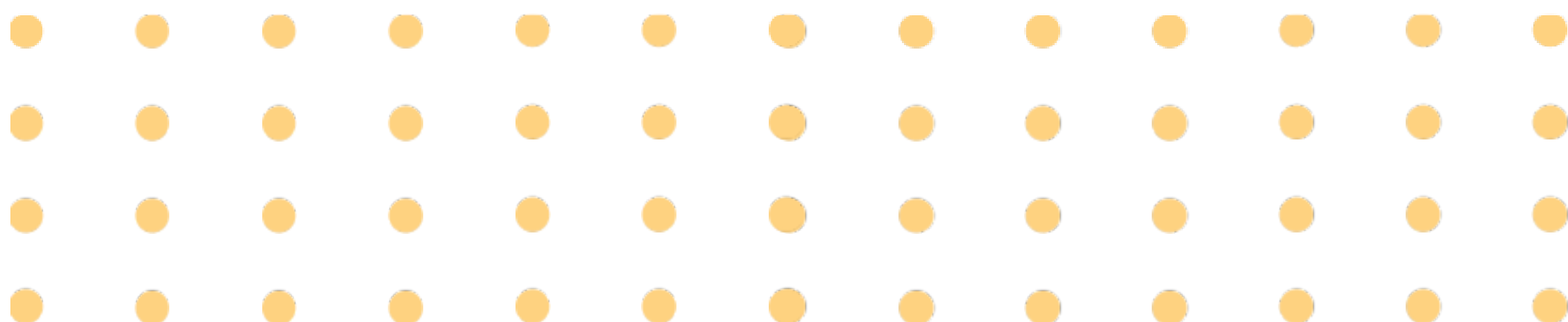




# DAY 3

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

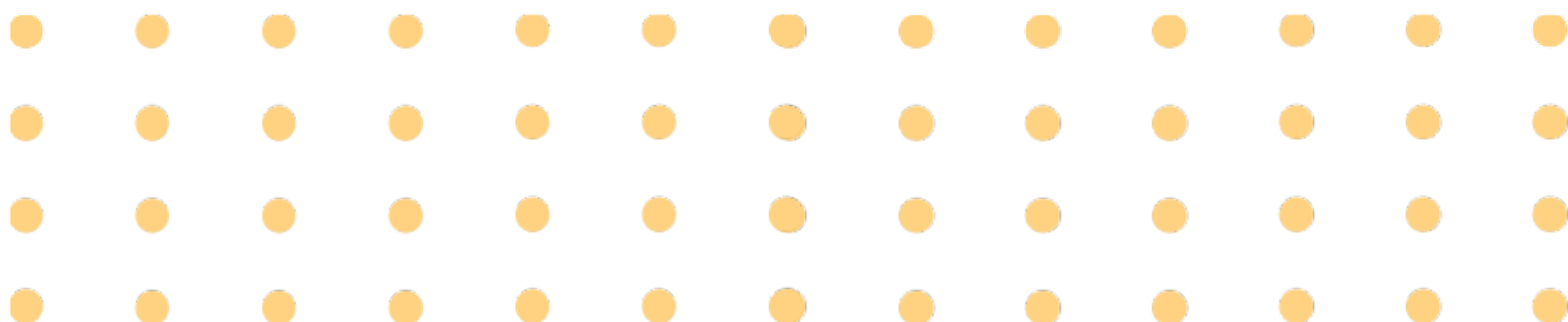


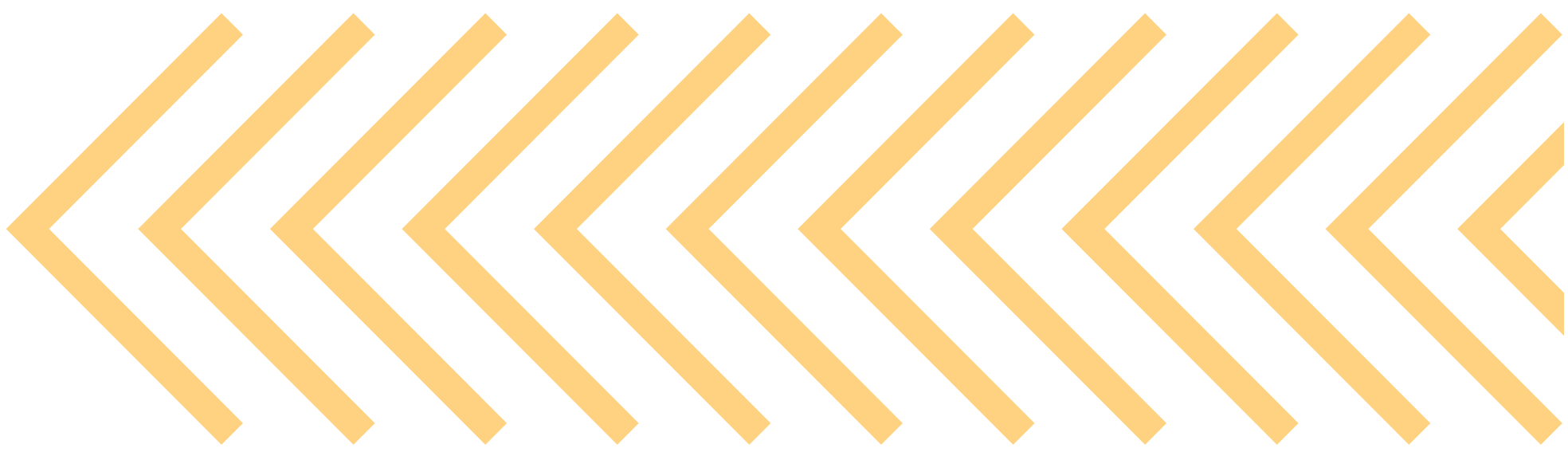


# DAY 4

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

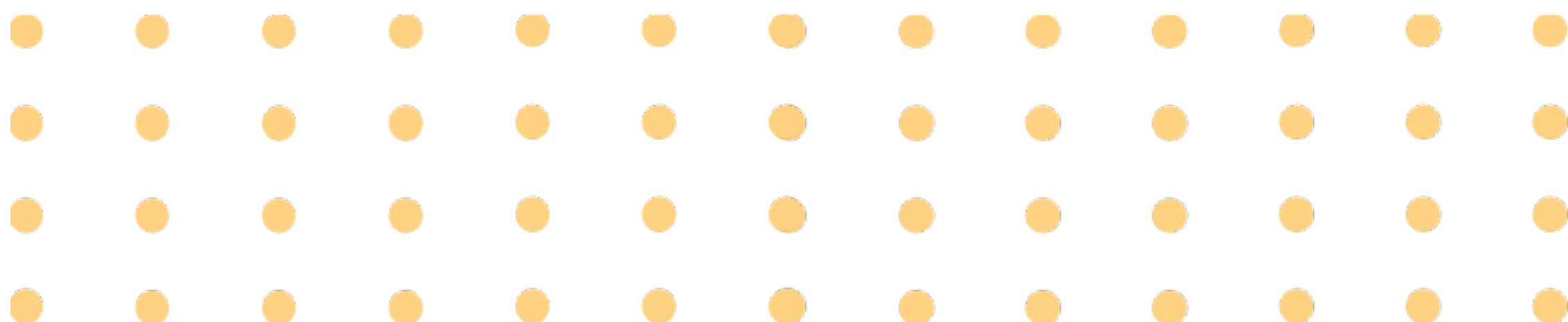


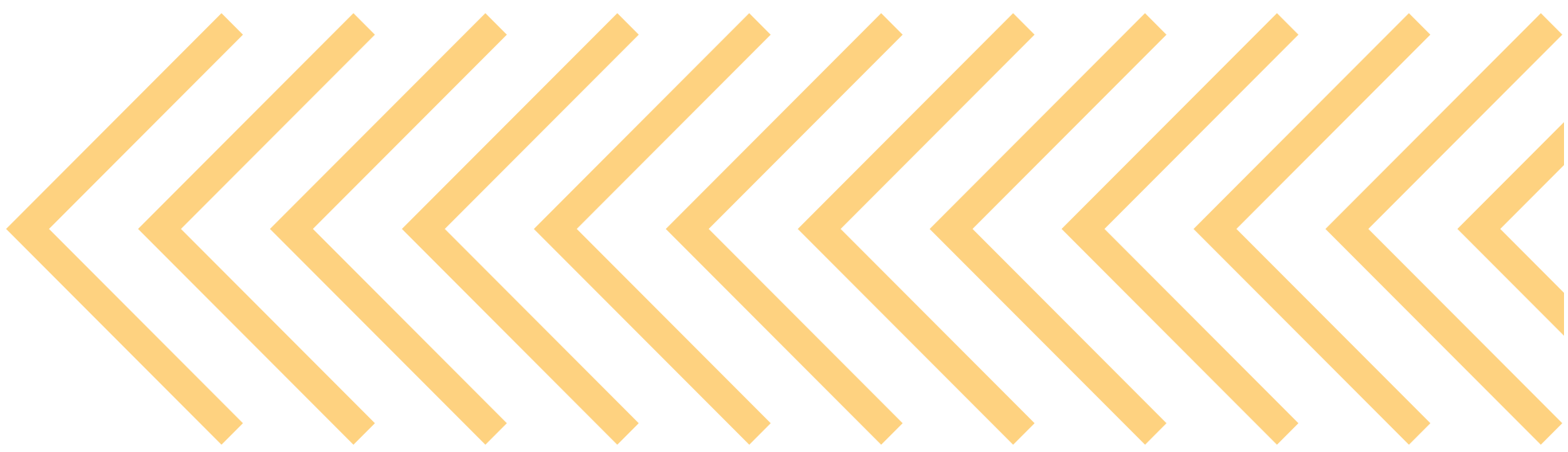


# DAY 5

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

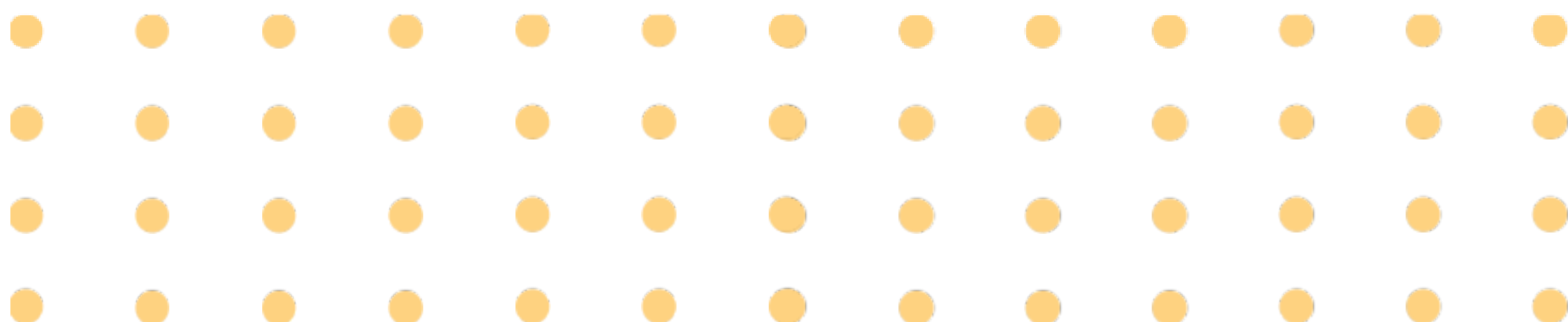


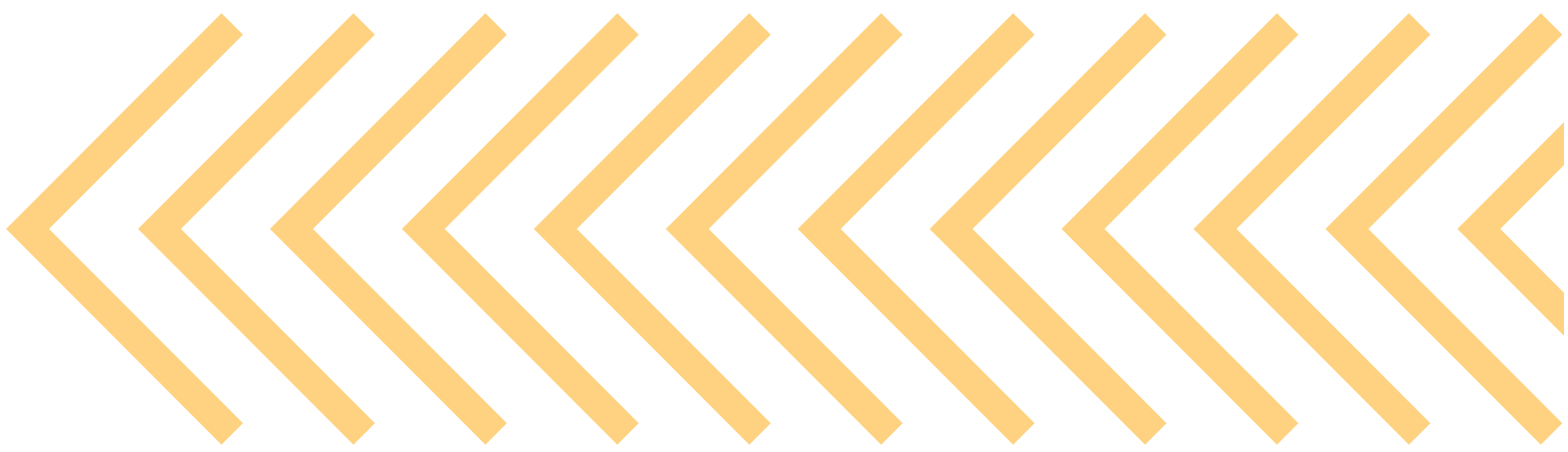


# DAY 6

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



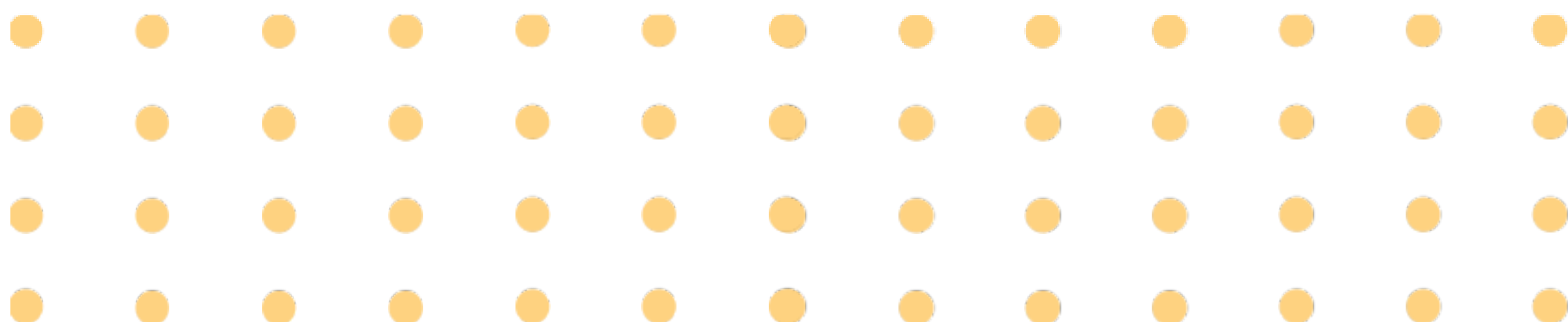


# DAY 7

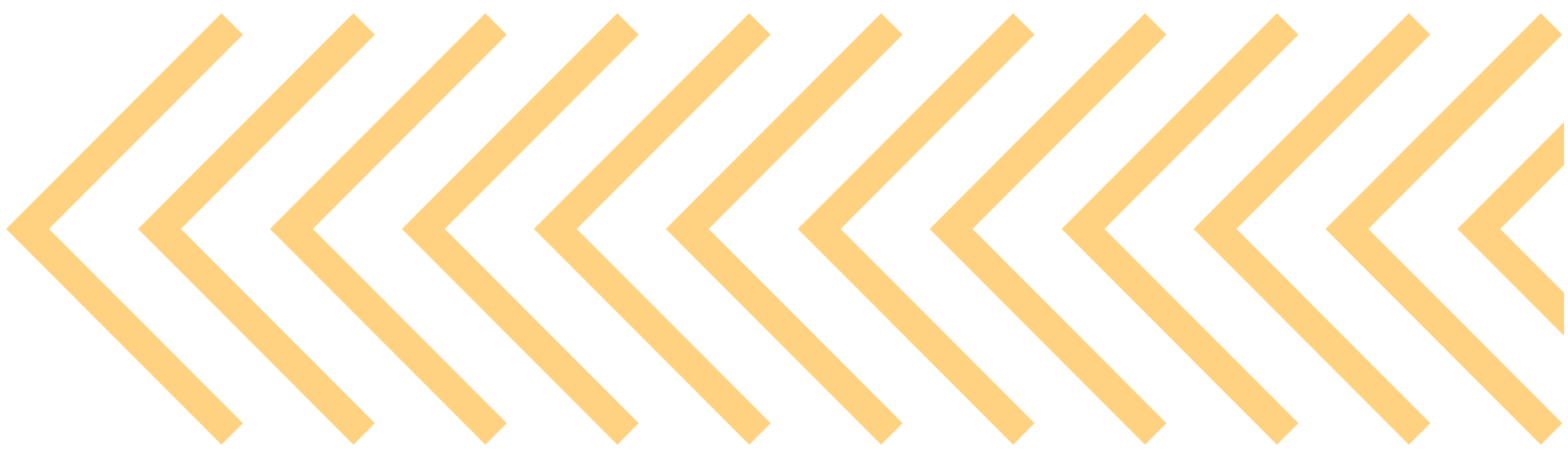
<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task





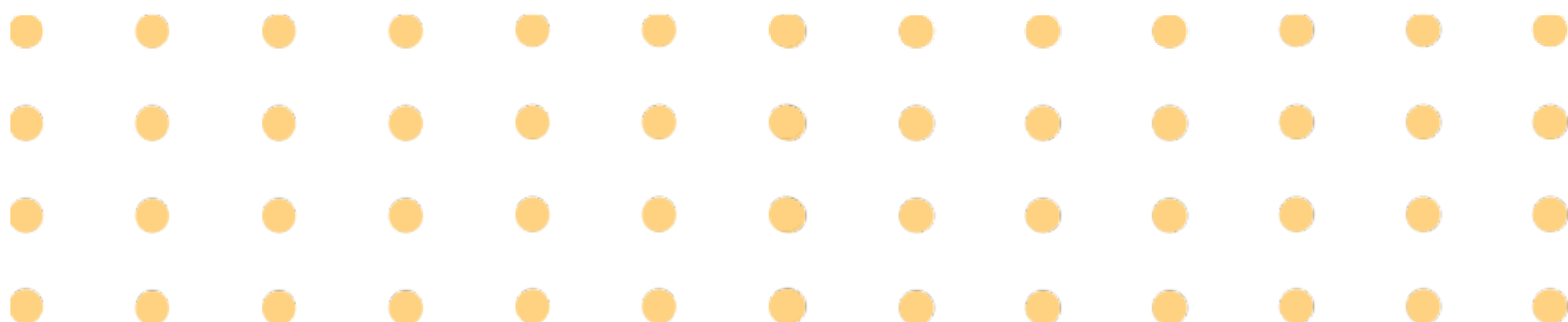


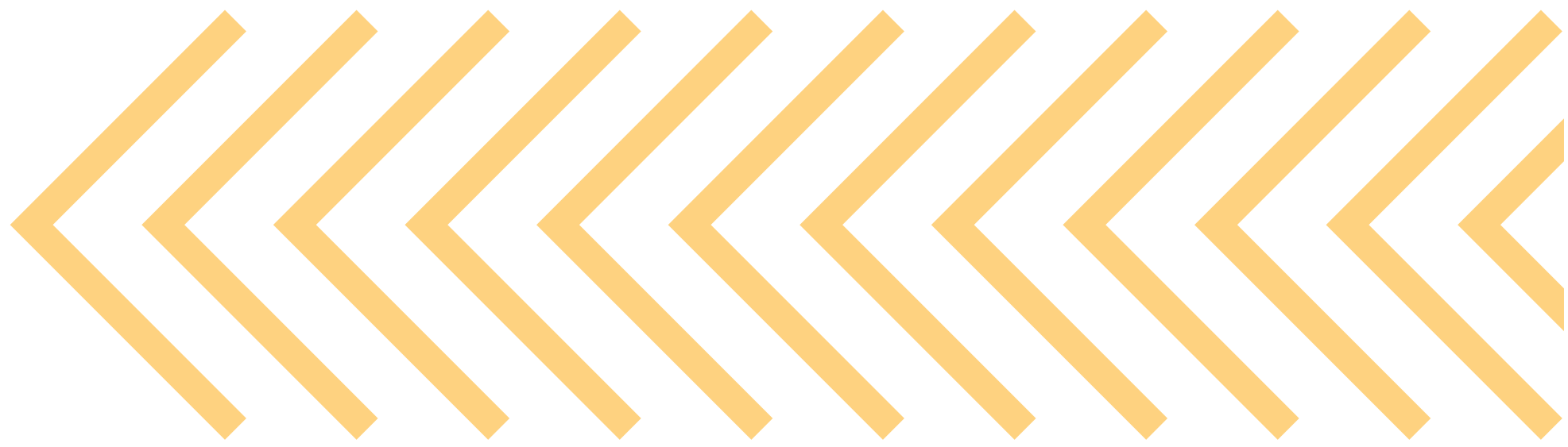
# DAY 8

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

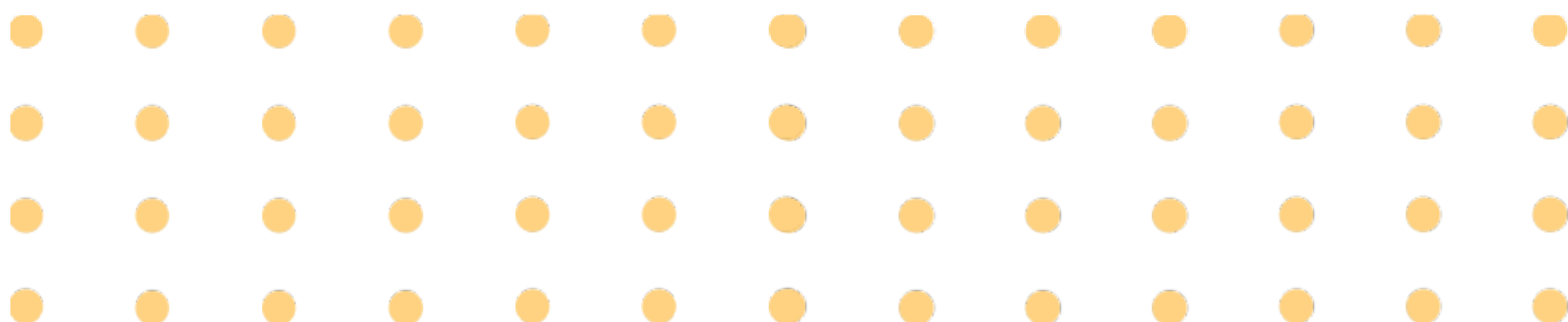


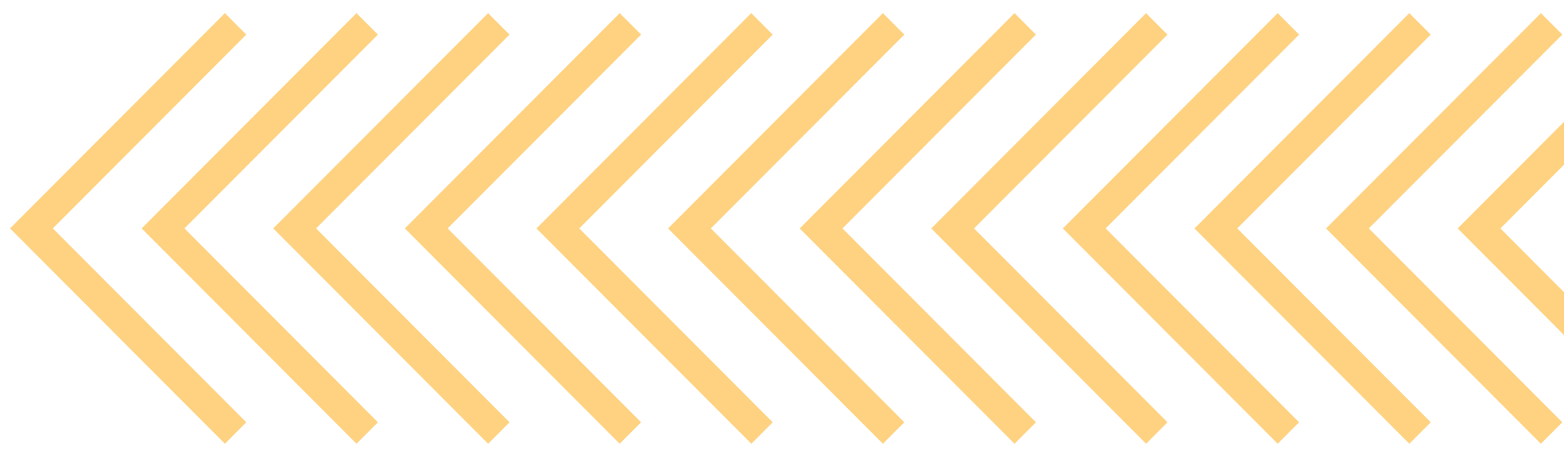


# DAY 9

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
 Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



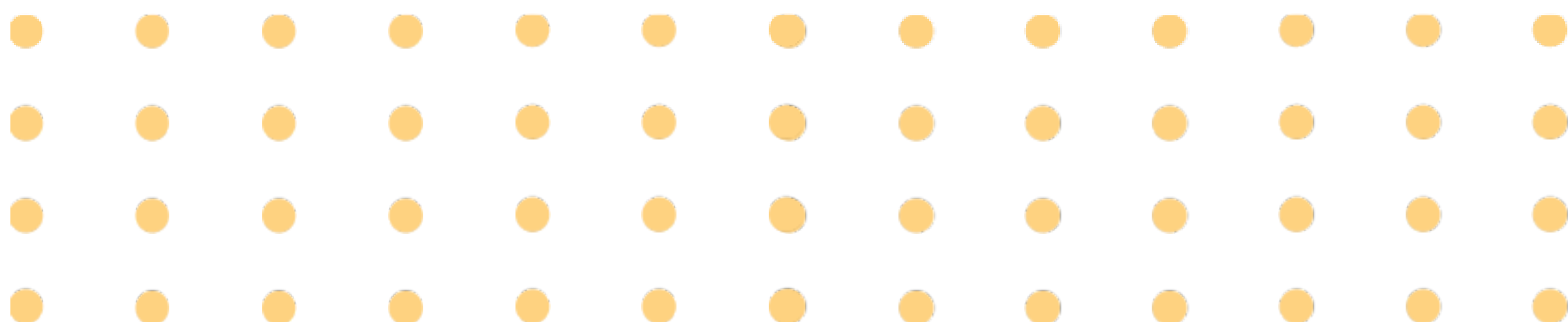


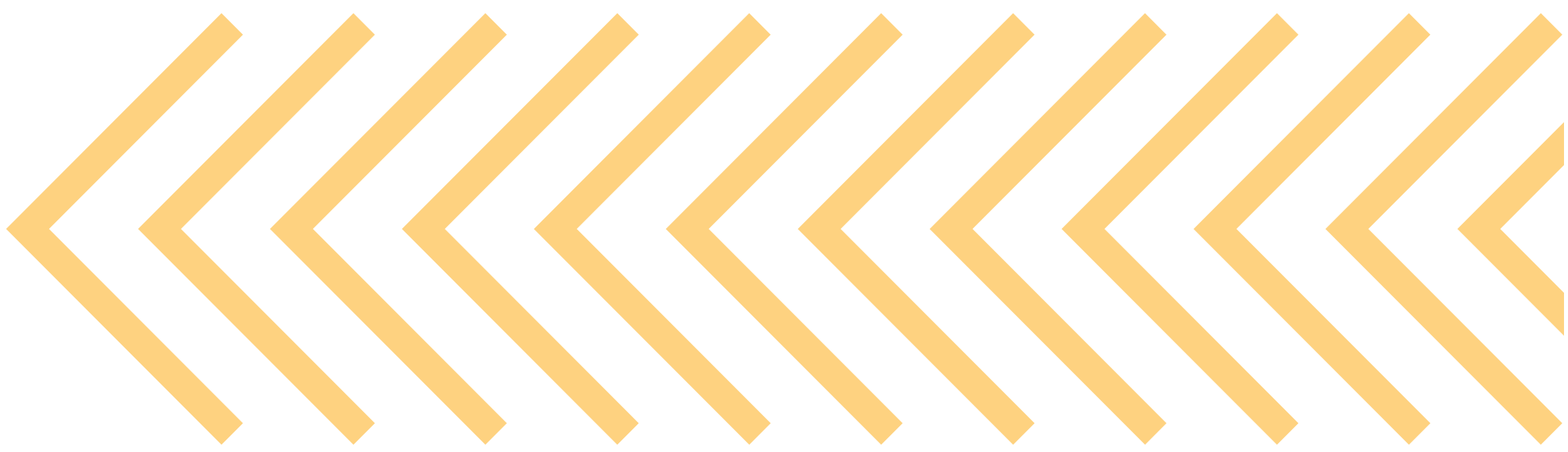
# DAY 10

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



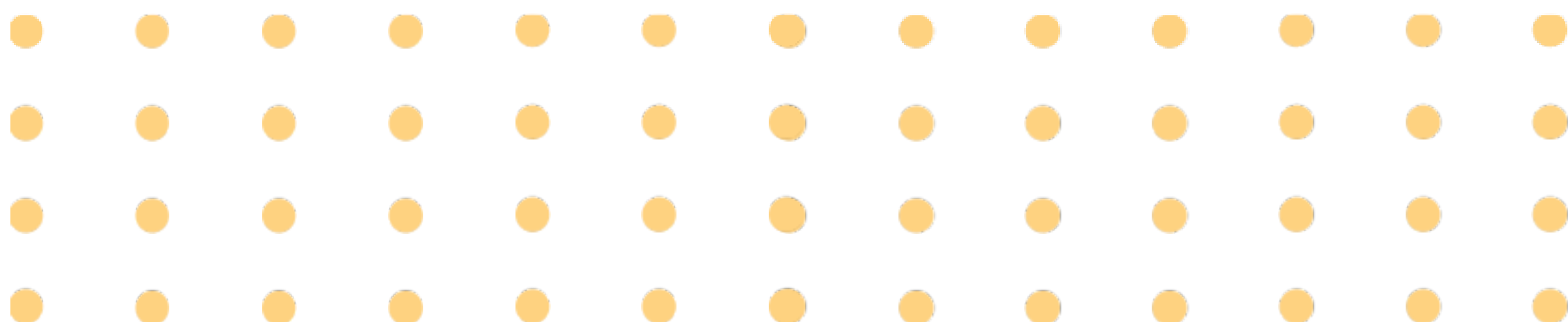


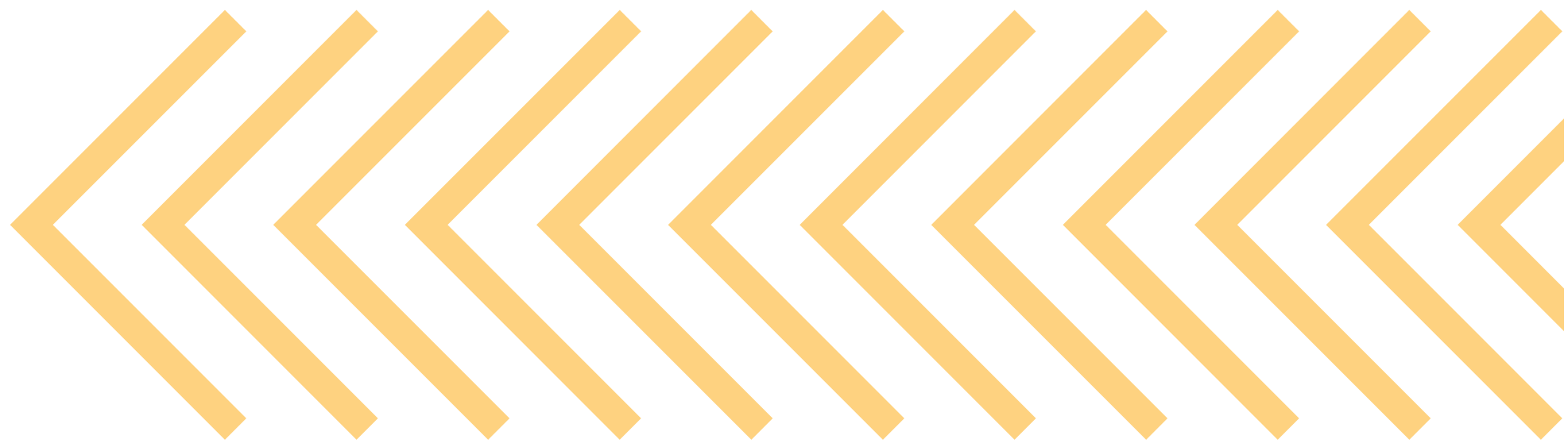
# DAY 11

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



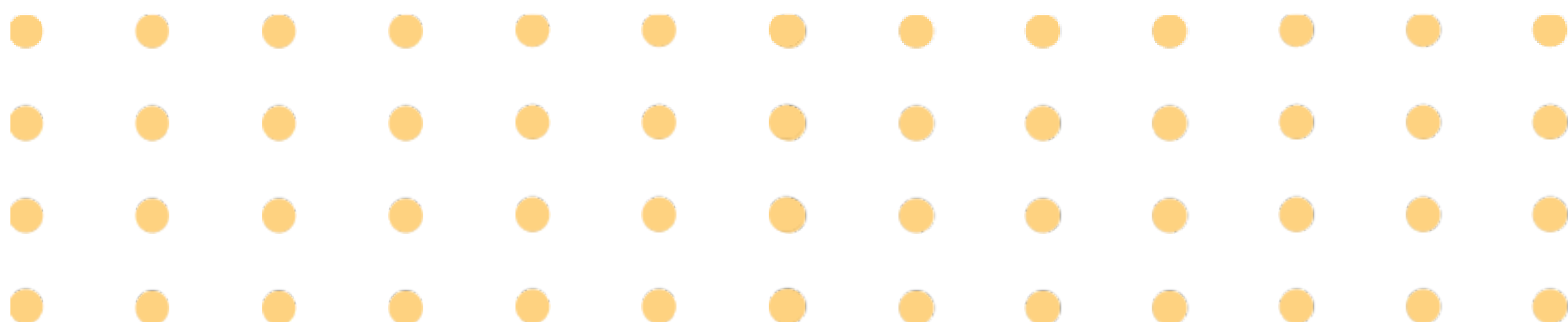


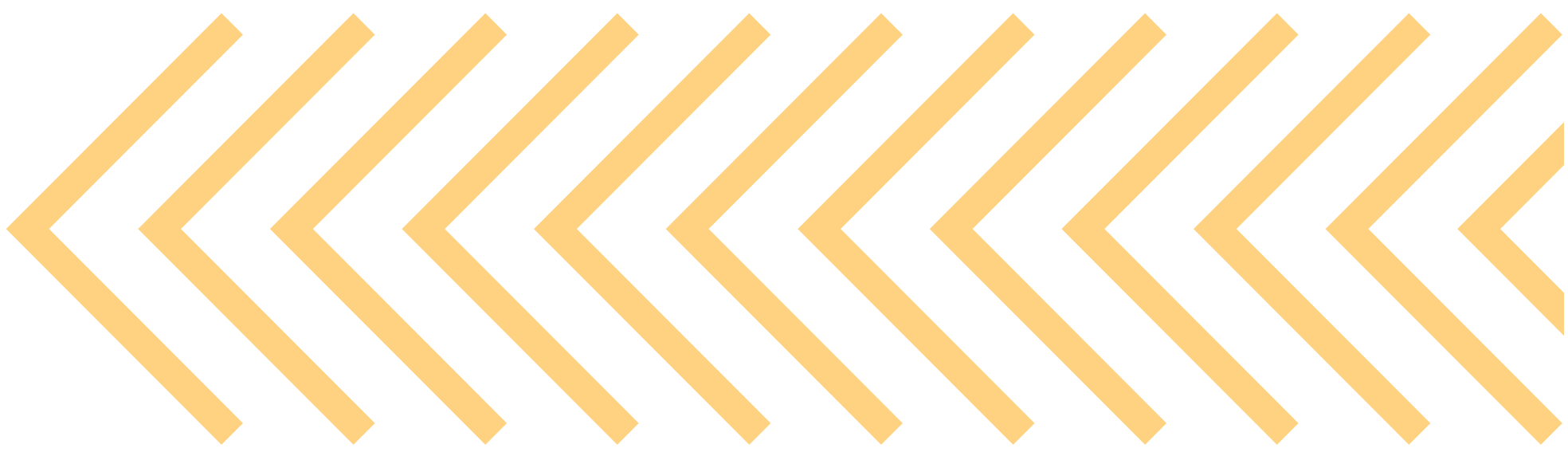
# DAY 12

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



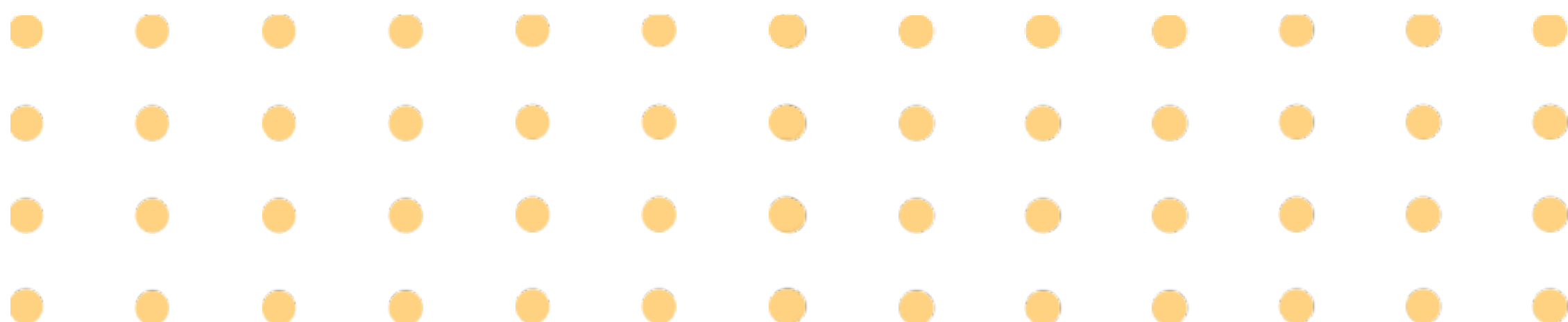


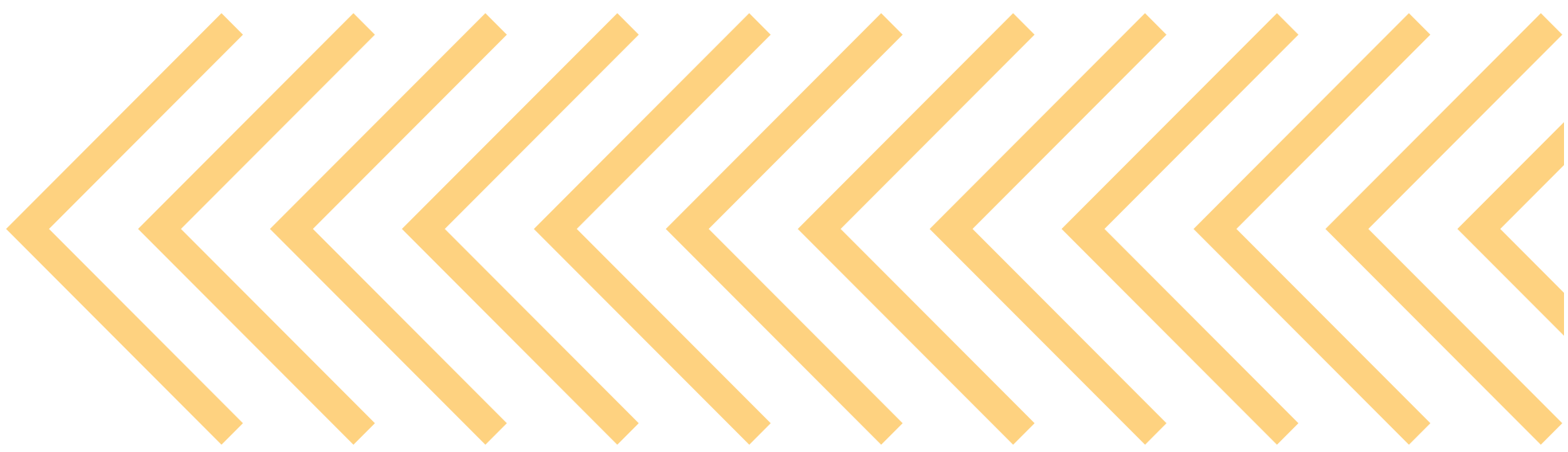
# DAY 13

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

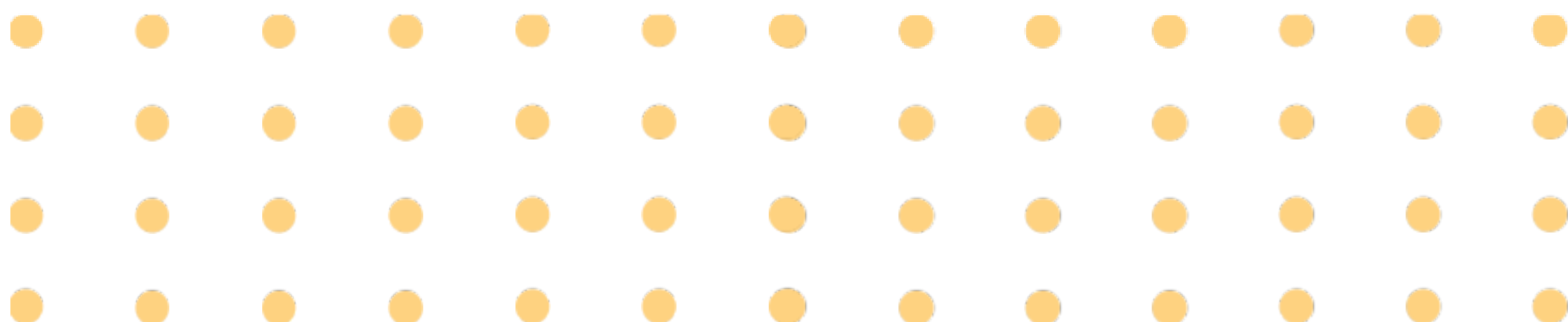


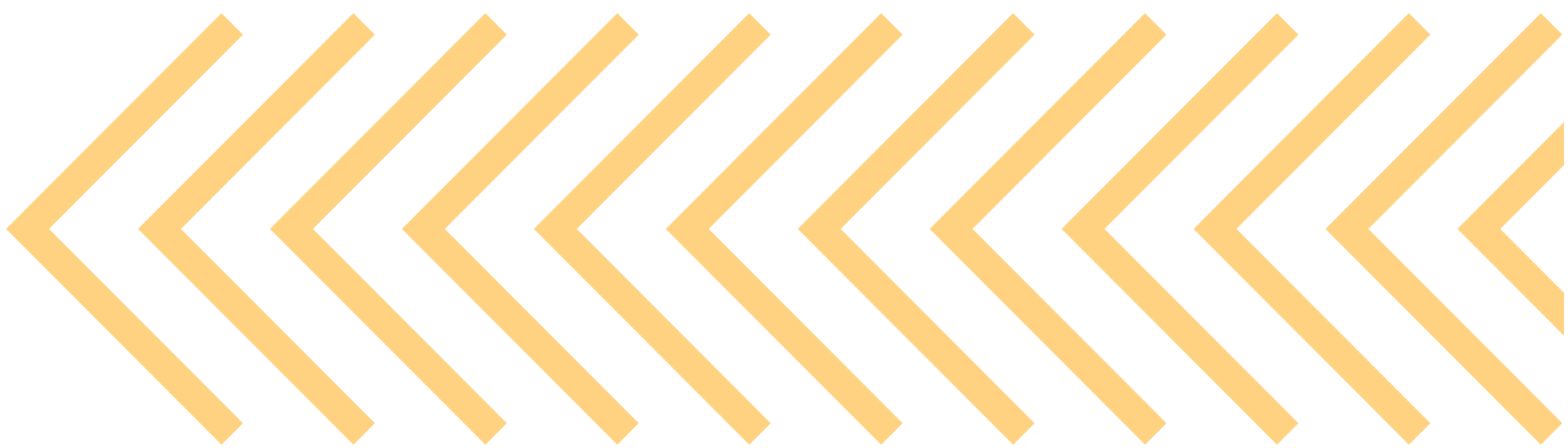


# DAY 14

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

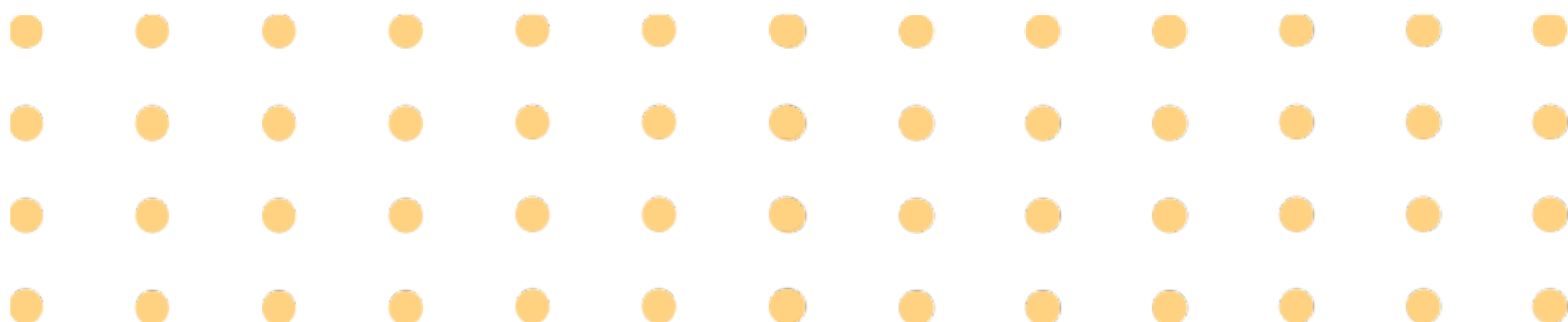




# DAY 15

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



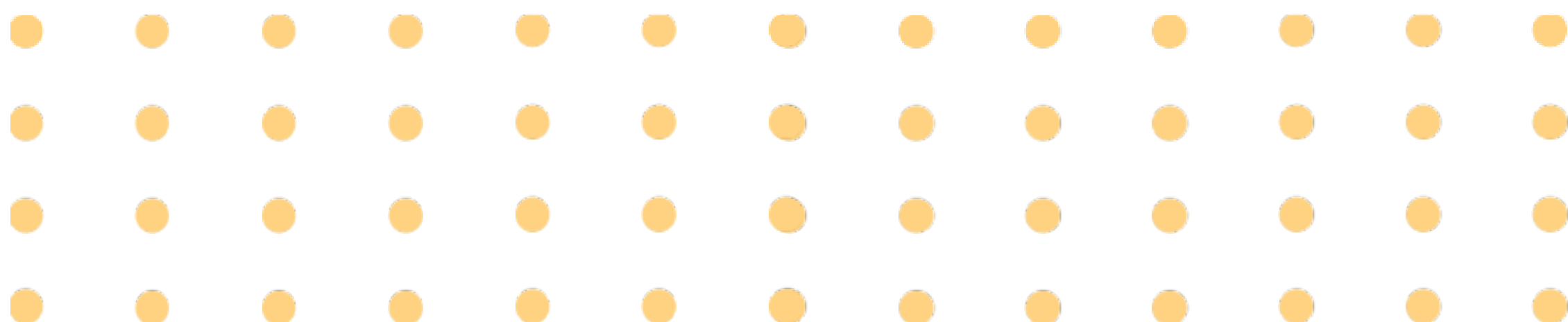


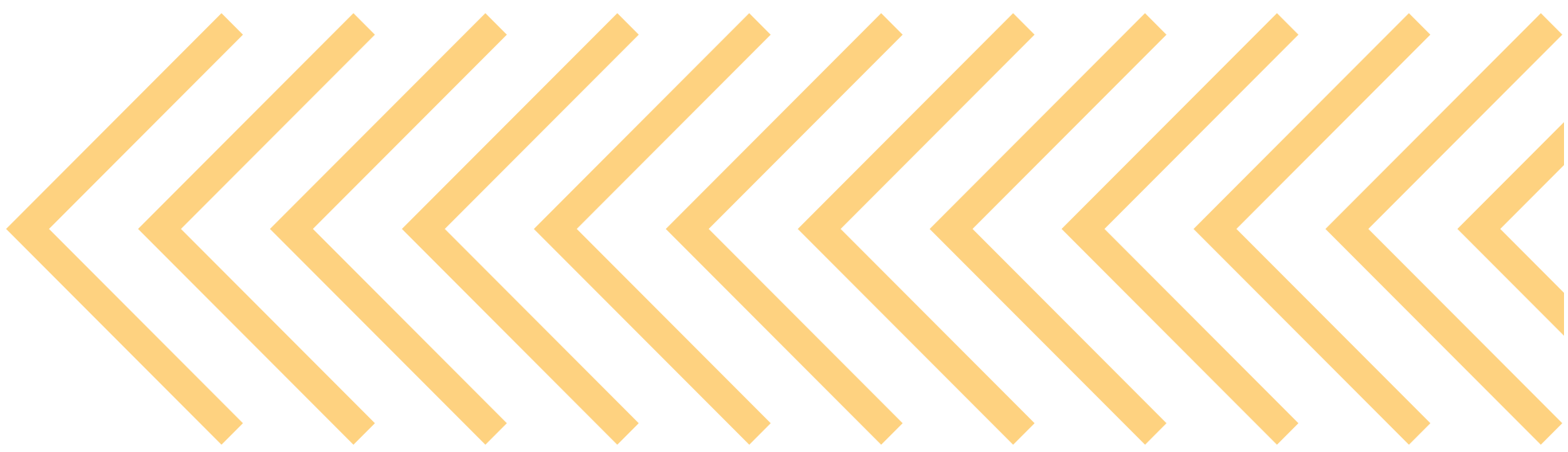


# DAY 16

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



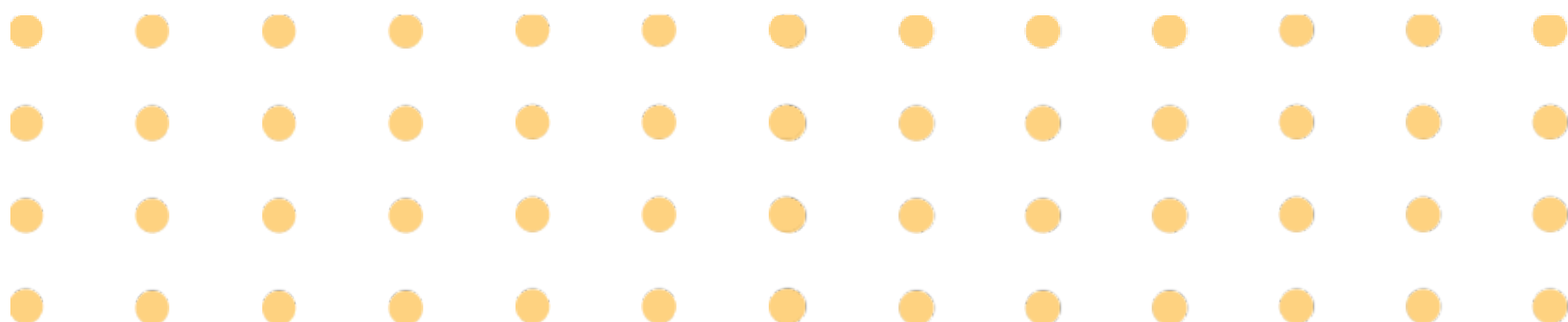


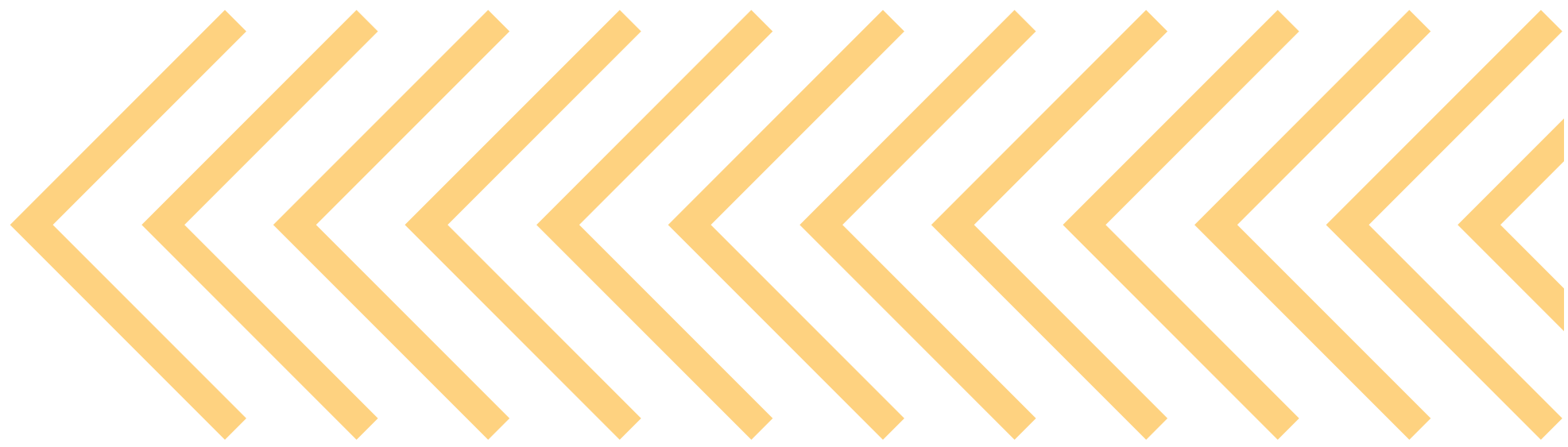
# DAY 17

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

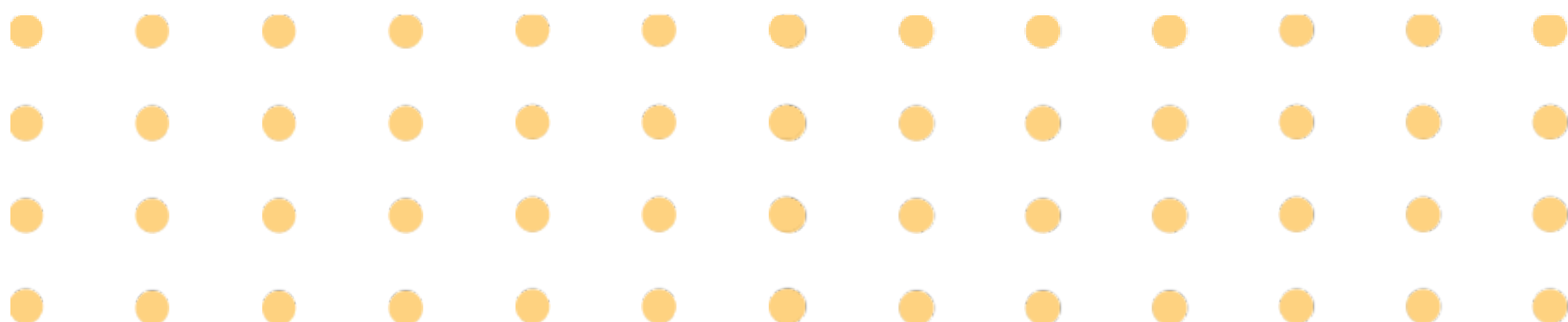


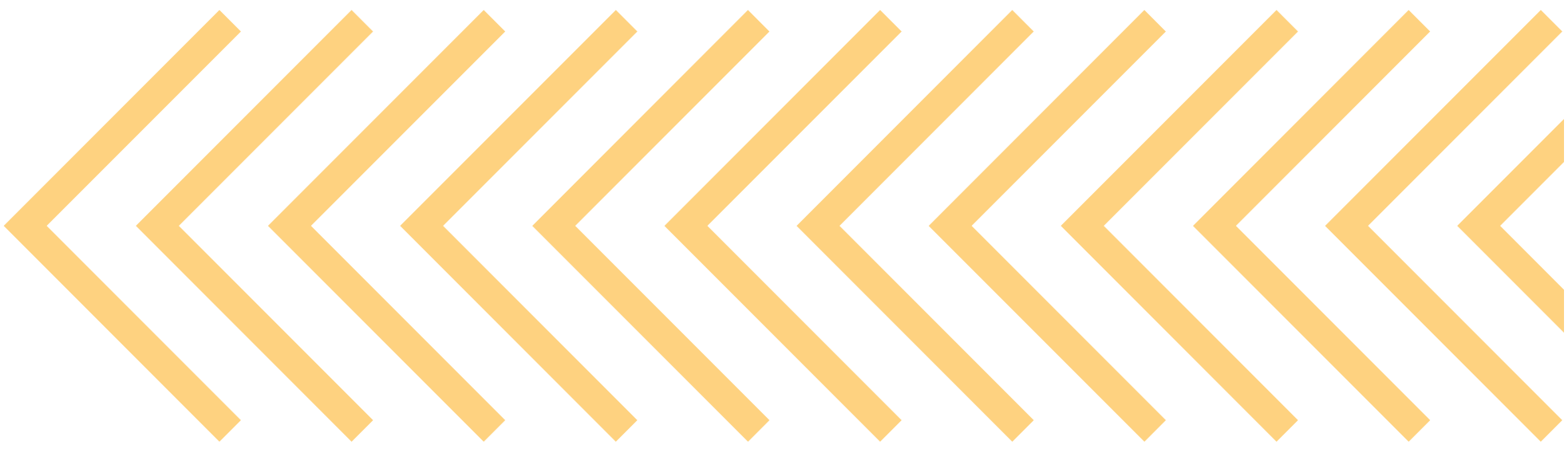


# DAY 18

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



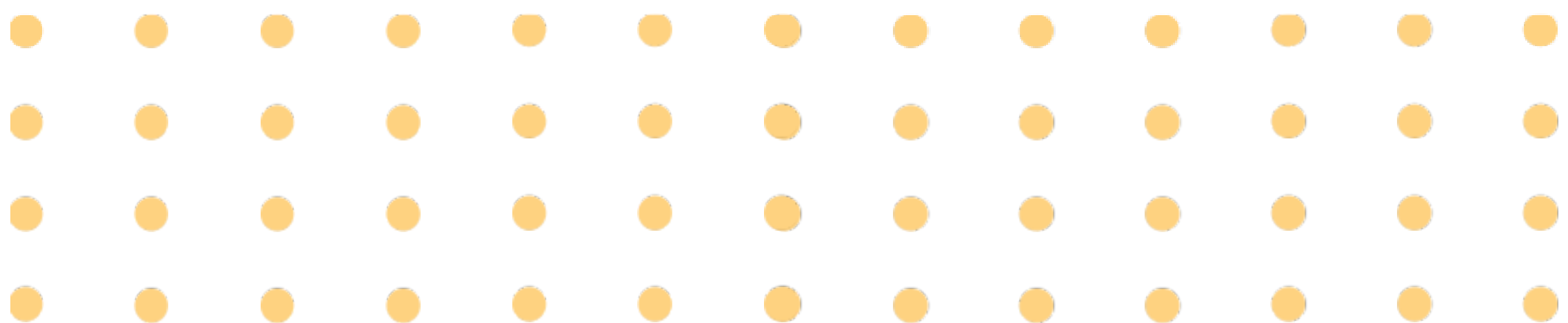


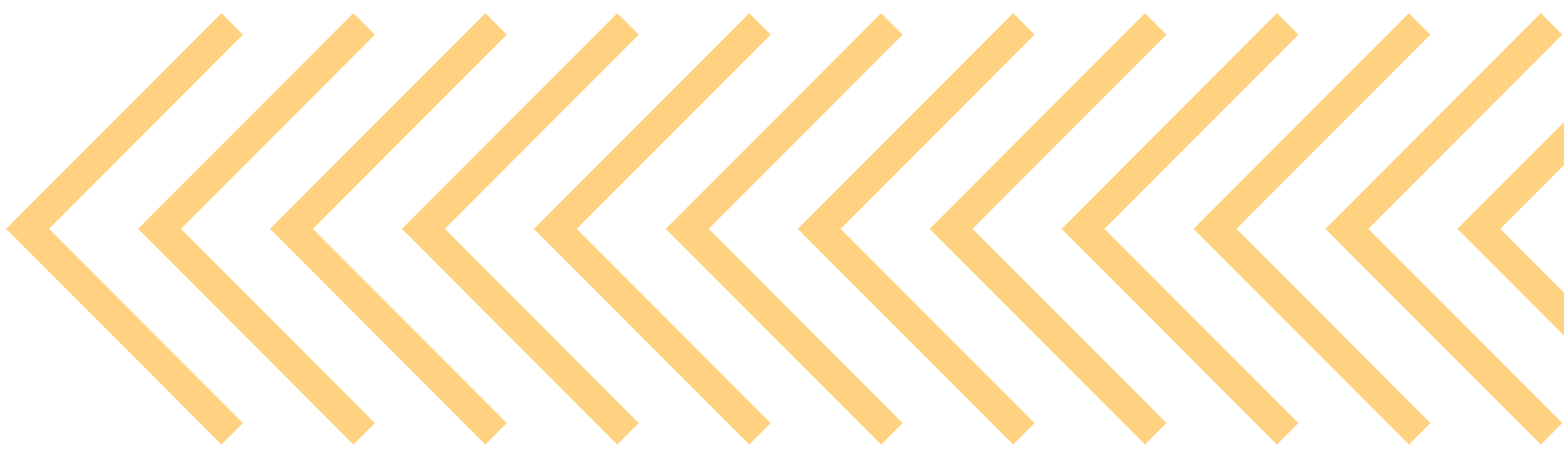
# DAY 19

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



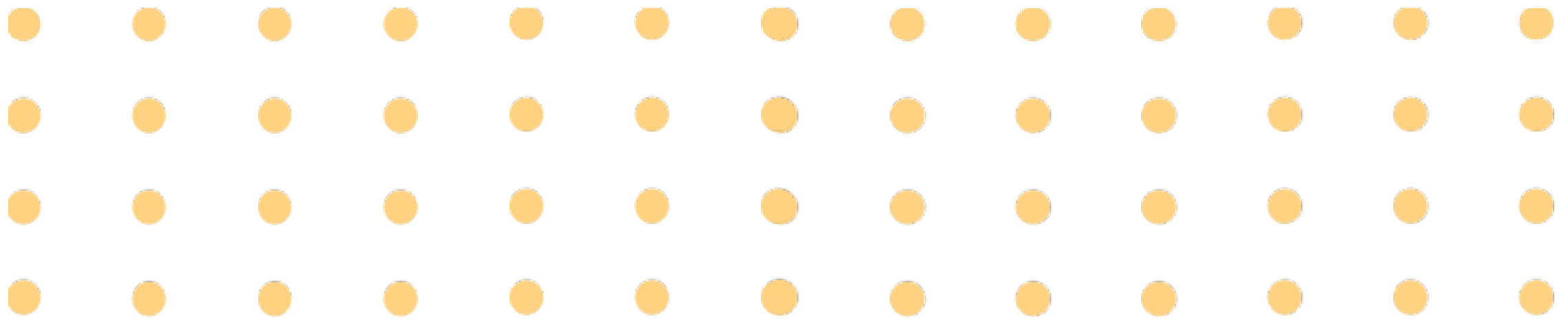


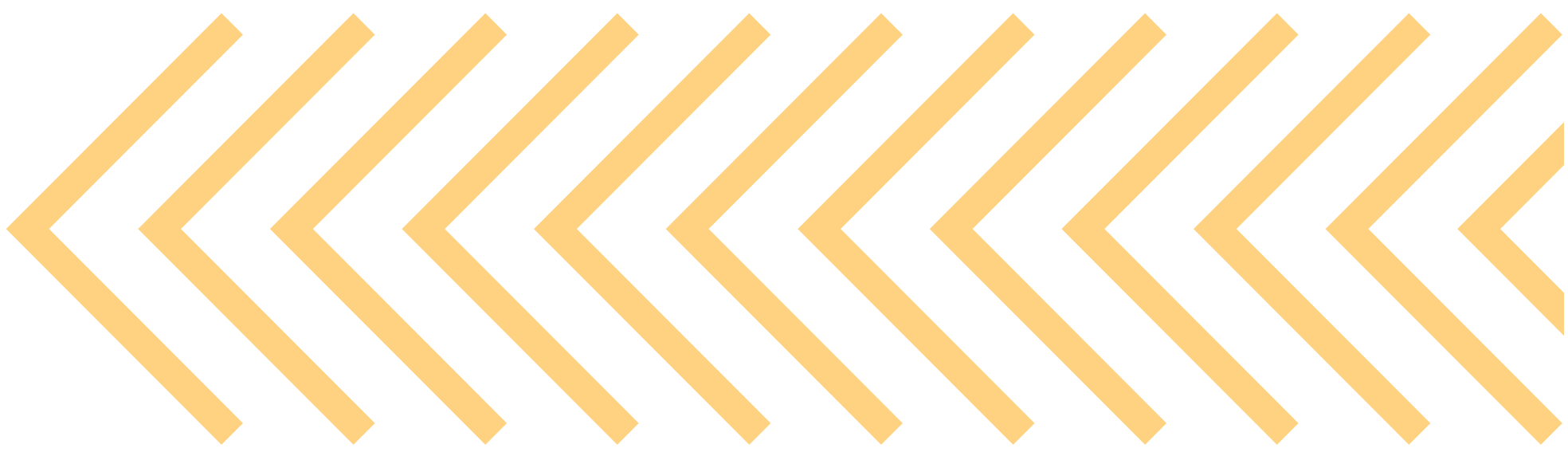
# DAY 20

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



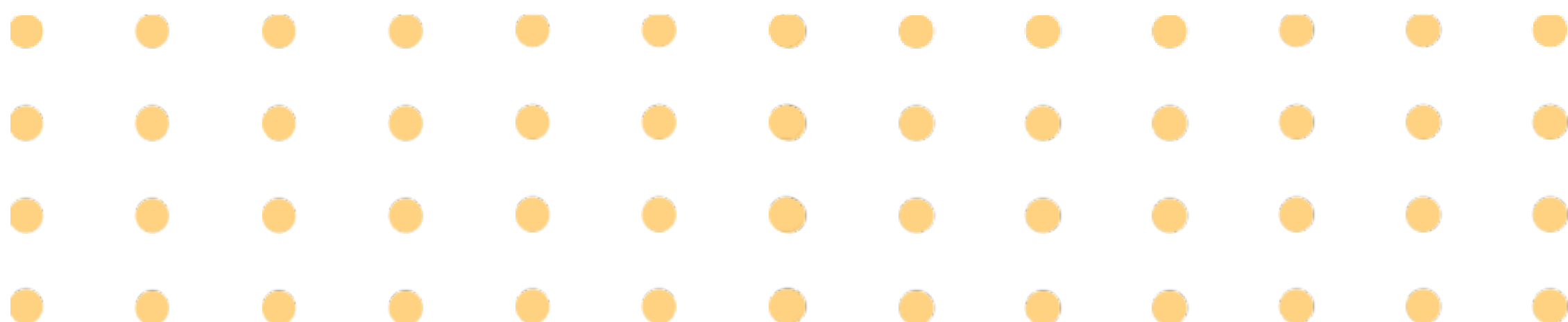


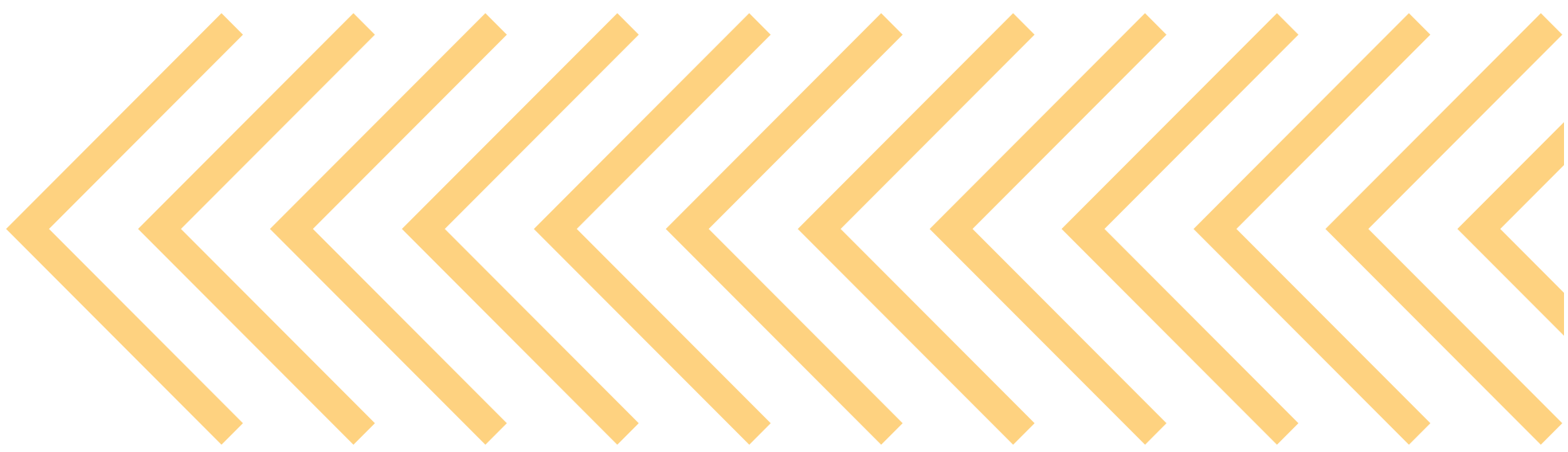
# DAY 21

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

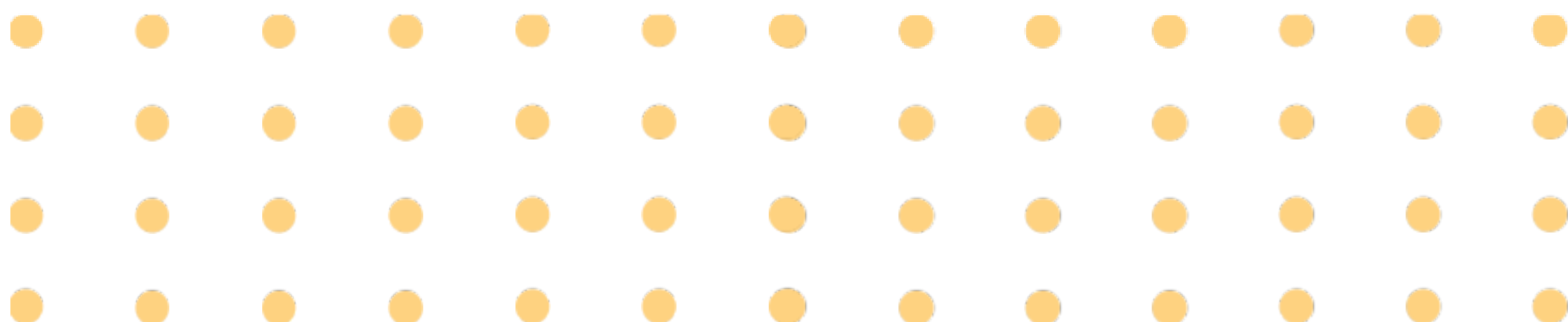


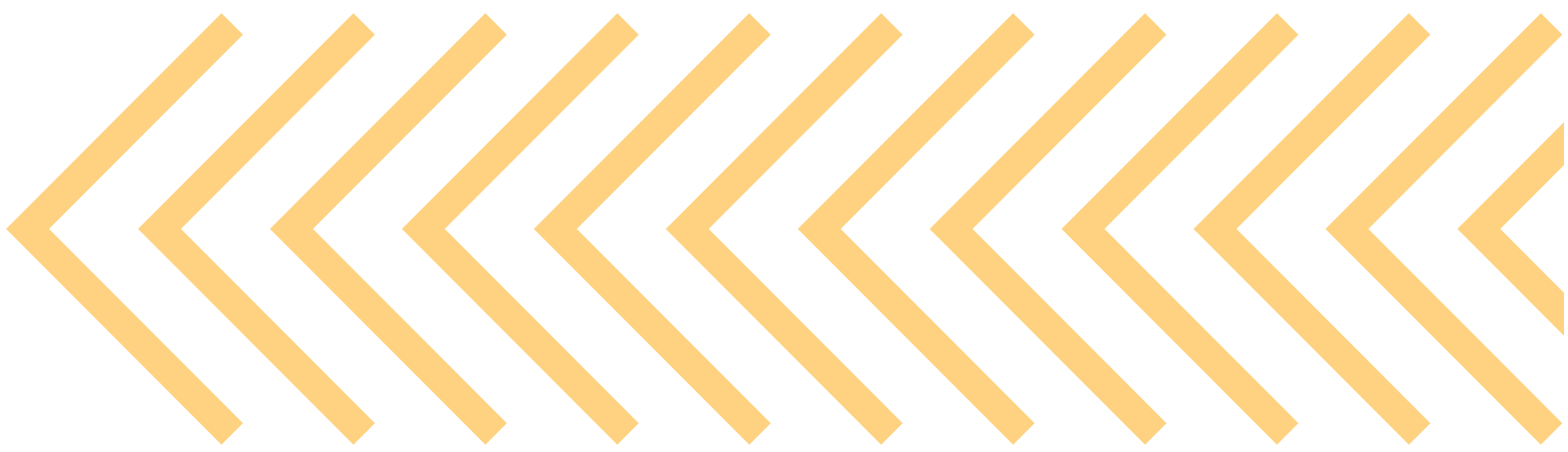


# DAY 22

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

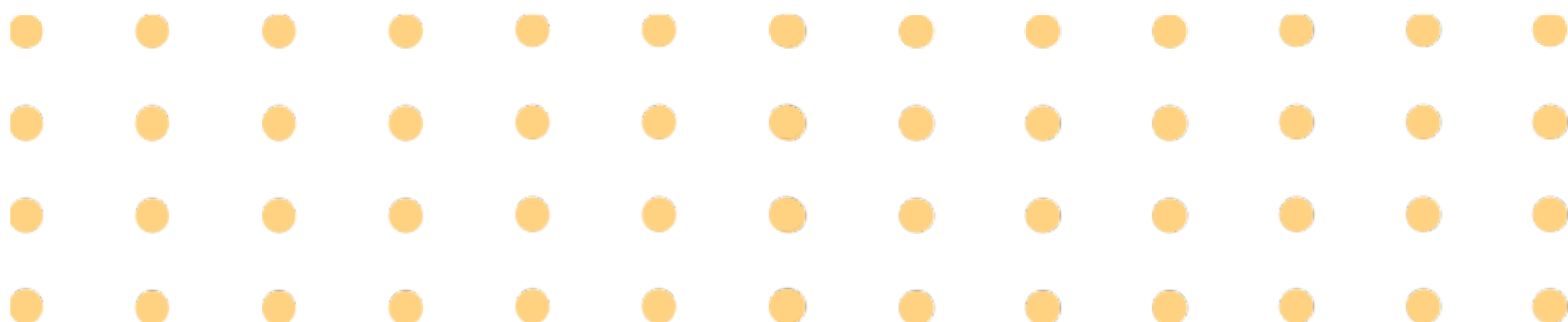




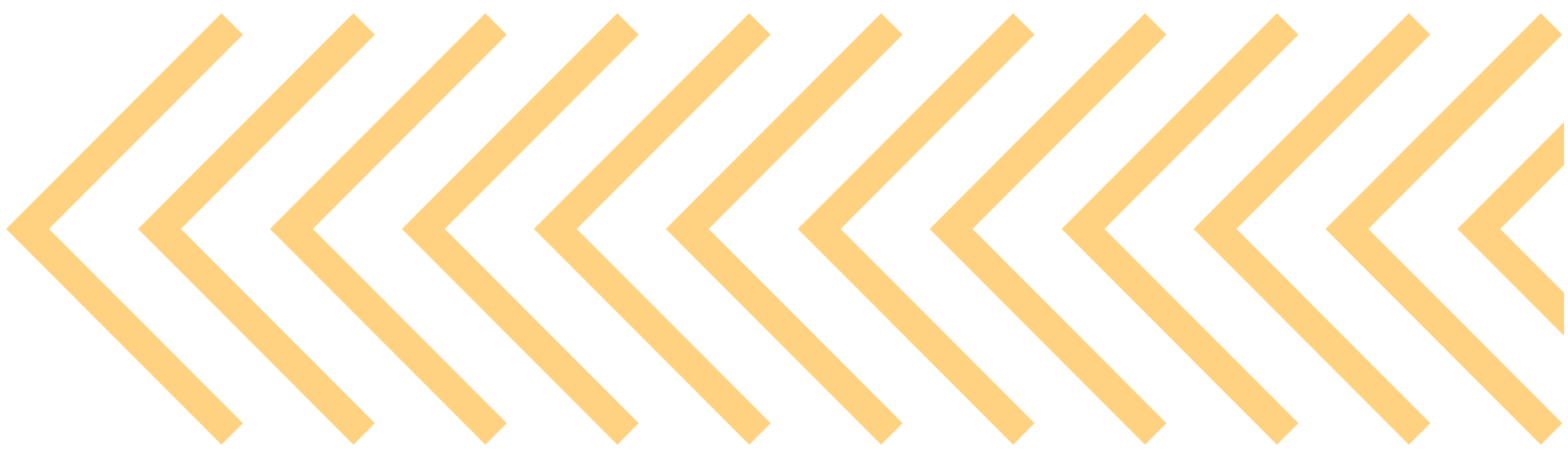
# DAY 23

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



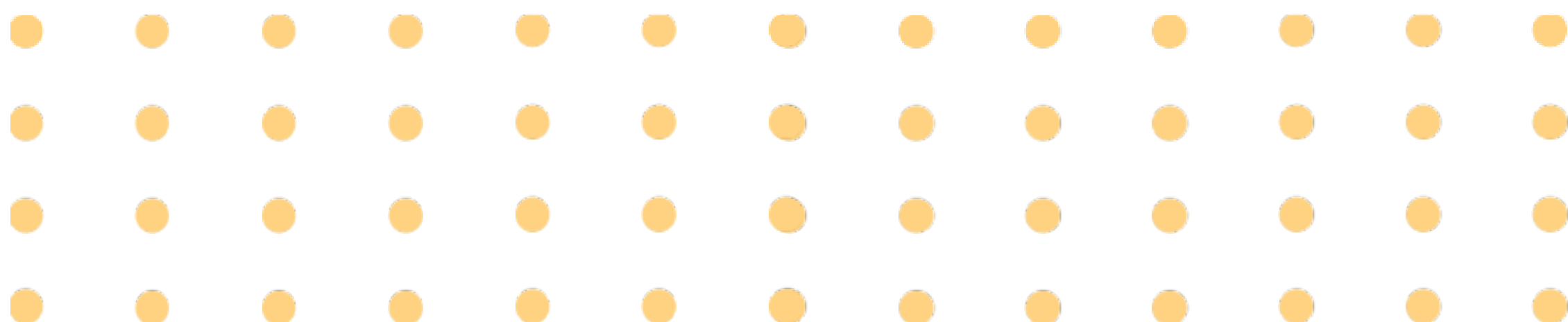


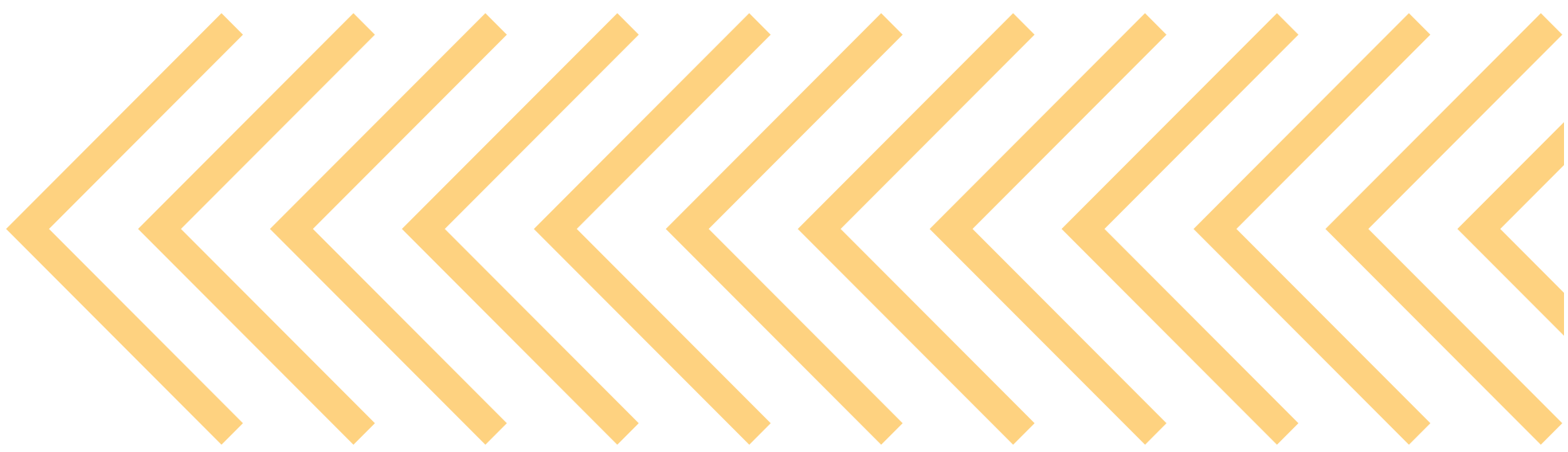


# DAY 24

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

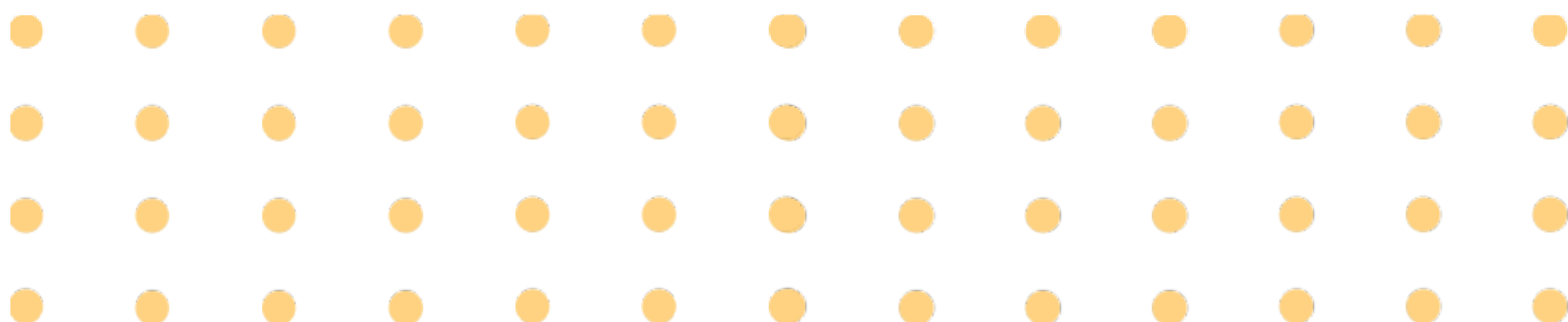


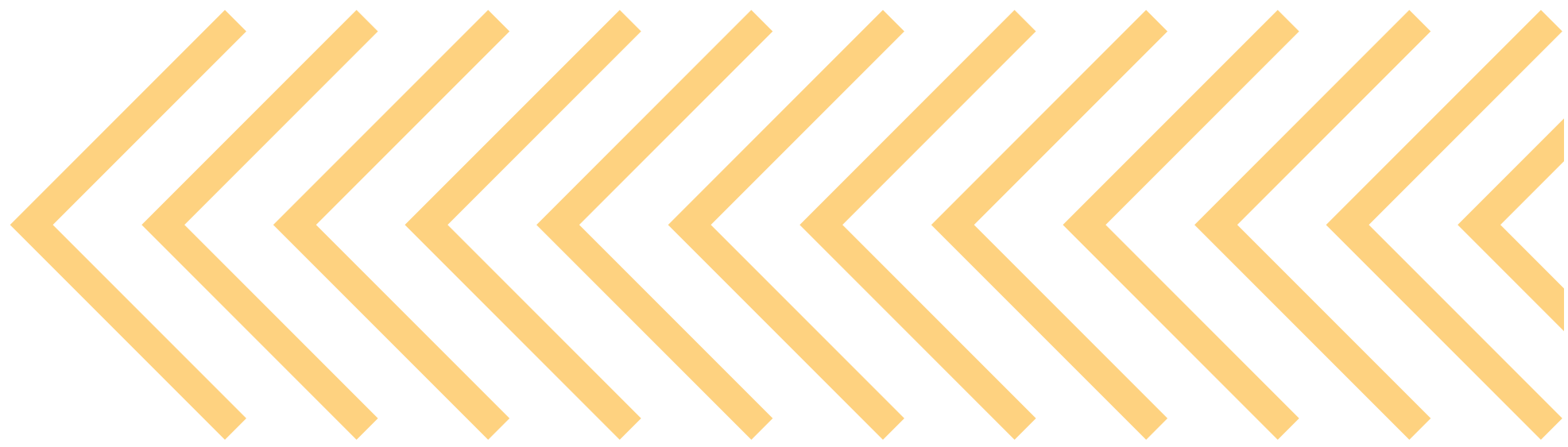


# DAY 25

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

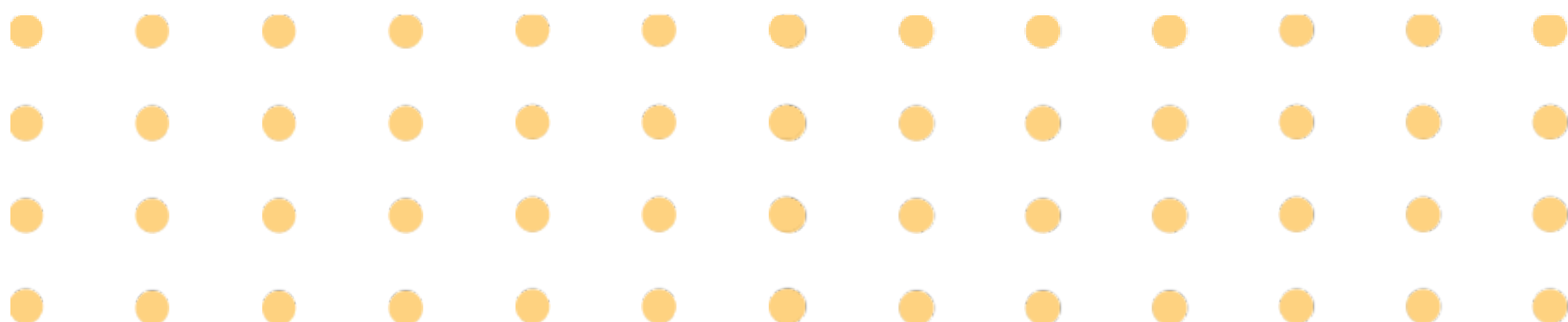


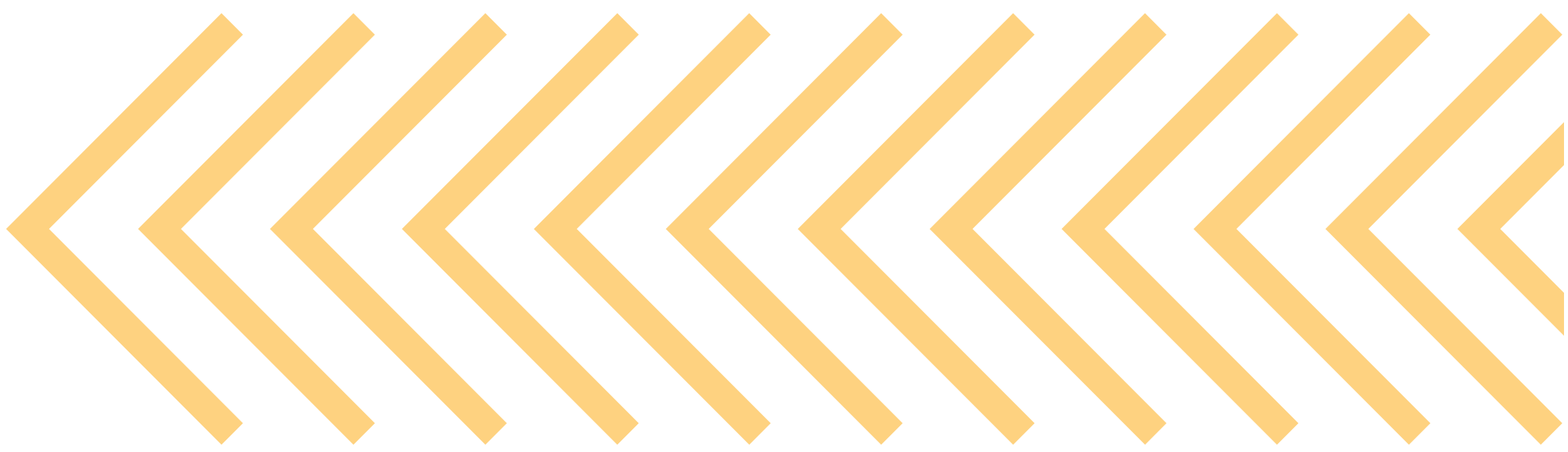


# DAY 26

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task

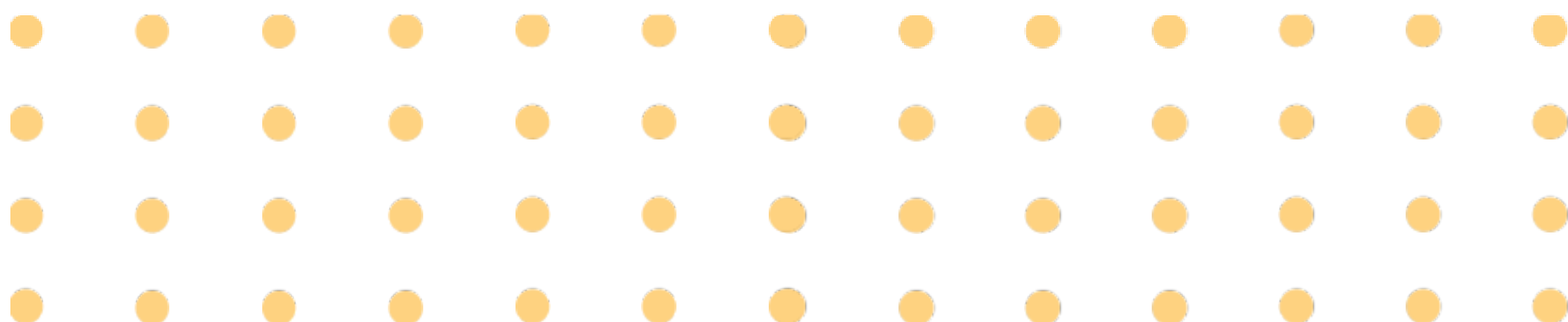


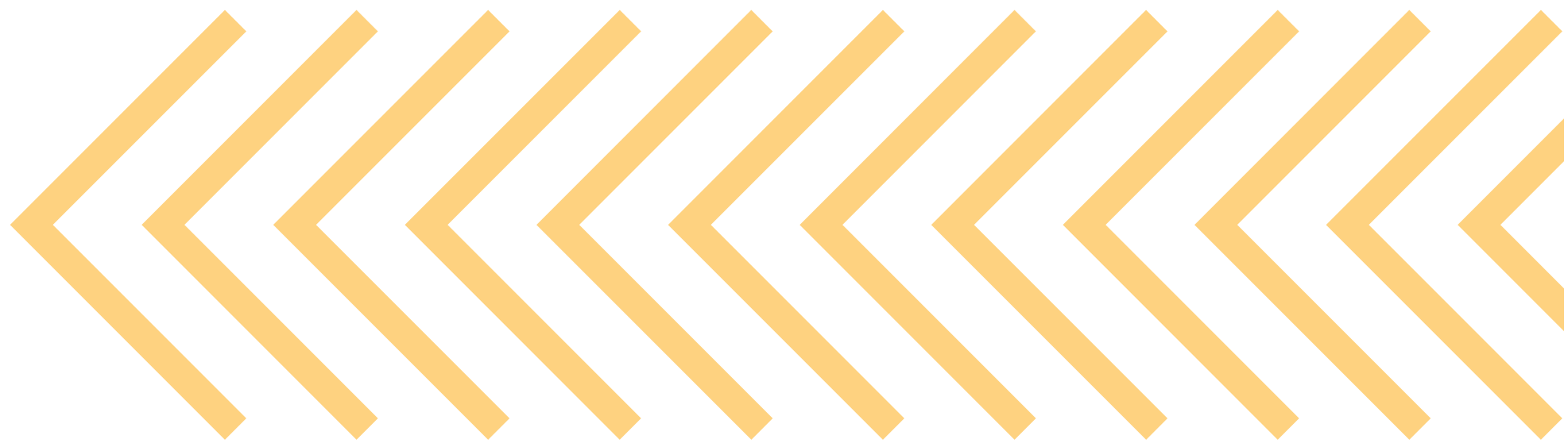


# DAY 27

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire  
 Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



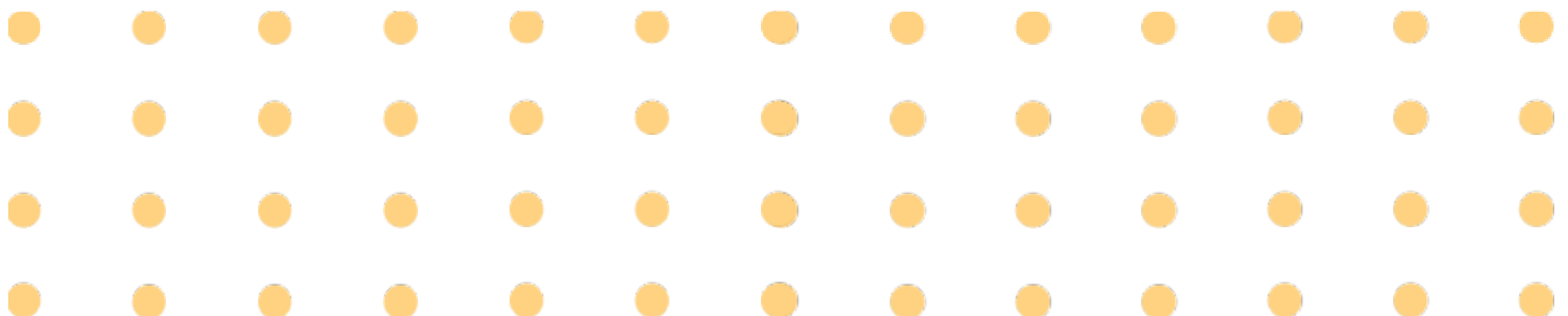


# DAY 28

<i>Time</i>	<i>Task*</i>	<i>Details</i>	<i>Energy**</i>	<i>Area***</i>

Task \* **W** for Work / **S** for Social / **R** for Rested Energy \*\* **L** for Lethargic / **S** for Steady / **E** for Energised / **F** for on Fire

Area \*\*\* **KLA** for Key Life Area / **KRA** for Key Result Area / **IGT** for Income Generating Task



# GET IN TOUGH

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## Website:



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