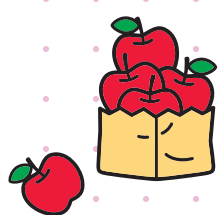
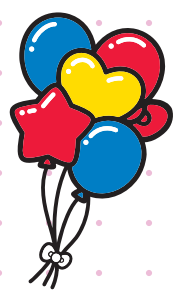


my ideal day

 work  self-care  food  recreation



		7-8
8-9		
		9-12
12-1 p.m.		
		1-2 p.m.
2-6 p.m.		
		6-7 p.m.
7-9 p.m.		
10-11 p.m.		
		11-12 p.m.



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