

PERSONAL MISE EN PLACE 2019

DATE: _____ VITALS: _____

SLEEP _____

LENGTH	QUALITY	DREAMS	NOTES

FOOD _____

BREAKFAST	LUNCH	DINNER	SNACKS	WATER

PHYSICAL EXERCISE _____

STRETCHES	STRENGTH TRAINING	CARDIO	CORE	OTHER FOCUS

MENTAL EXERCISE _____

MEDITATION	READ/LEARN	CONVERSATION	PLANNING	MEDIA

BODY SYSTEMS _____

BASIC	VISION	E/N/T	SKIN	HYGIENE

OTHER INPUT _____

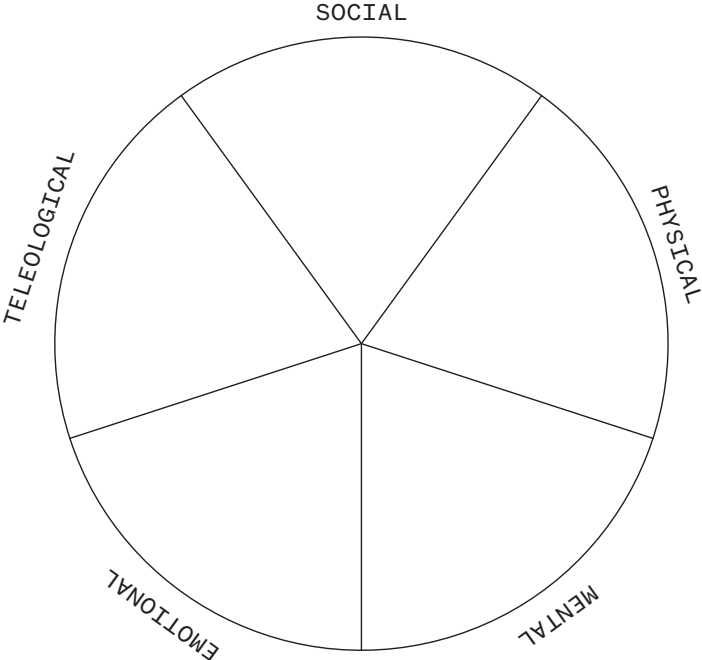
VITAMINS	MEDICATIONS/OTC	CAFFEINE/NICOTINE	ALCOHOL	NATURAL REMEDIES

PERSONAL MISE EN PLACE 2019

INTENTION

NOTABLE EVENTS

TRAVEL NOTES



DAILY SUMMARY SELECT ONE

VERY UNHAPPY



UNHAPPY



BLAH



HAPPY



VERY HAPPY



SUMMARY RATING 1-10 SCALE

EFFICIENCY

WORK/LIFE BALANCE

GOALS

SELF-ACTUALIZATION

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PERSONAL MISE EN PLACE

PAUL FINN
OF
GARAGE COCKTAIL BAR
AUSTIN, TX

AT THE
GUNTER HOTEL
MAHNCKE ROOM

FRIDAY, JANUARY 18TH
12:30 P.M. – 1:45 P.M.

SAN ANTONIO
COCKTAIL CONFERENCE 2019

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