



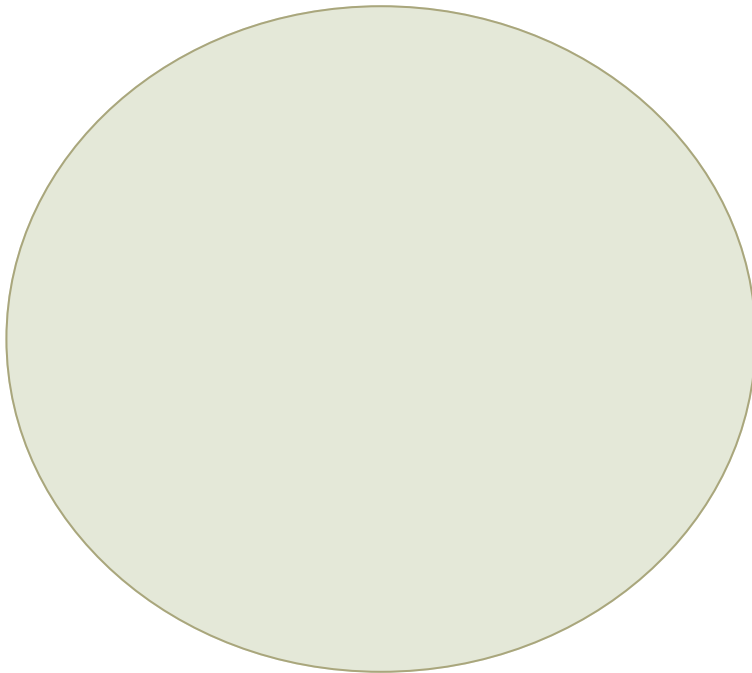
Trailside Learning Rhythm Visualization



DATE:

MY IDEAL RHYTHM

Values & Priorities



I SEE

I NEED

I FEEL

CHALLENGES

SUCCESSES

FAMILY MEMBERS (PETS TOO!)

PRESCCHEDULED ARRANGEMENTS

MON

TUES

WED

THU

FRI

SAT

SUN

DAILY AFFIRMATION
