

Frugality includes all the other virtues.

Cicero

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water intake



An investment in knowledge pays the best interest.

Benjamin Franklin

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Every time you borrow money, you're robbing your future self.

Nathan W. Morris

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Never spend your money before you have it.

Thomas Jefferson

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Wealth is not his that has it, but his that enjoys it.

Benjamin Franklin

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If you live for having it all, what you have is never enough.

Vicki Robin

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Courage is being scared to death, but saddling up anyway.

John Wayne

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A journey of a thousand miles must begin with a single step.

Lao Tzu

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Persist - don't take no for an answer.

David Rubenstein

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It takes as much energy to wish as it does to plan.

Eleanor Roosevelt

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I'd like to live as a poor man with lots of money.

Pablo Picasso

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My formula for success is rise early, work late and strike oil.

JP Getty

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The best thing money can buy is financial freedom.

Rob Berger

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The only thing that overcomes hard luck is hard work.

Harry Golden

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The greatest wealth is to live content with little.

Plato

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The secret of getting ahead is getting started.

Mark Twain

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To get rich, you have to be making money while you're asleep.

David Bailey

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Diligence is the mother of good luck.

Benjamin Franklin

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No one has ever become poor by giving.

Anne Frank

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Buy land. They're not making it anymore.

Mark Twain

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Wealth is largely the result of habit.

John Jacob Astor

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The key to making money is to stay invested.

Suze Orman

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The best way to predict the future is to create it.

Abraham Lincoln

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Make sure to save for the future and keep making money.

Jam Master Jay

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What you're thinking is what you're becoming.

Muhammad Ali

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I am prepared for the worst, but hope for the best.

Benjamin Disraeli

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If there is no struggle, there is no progress.

Frederick Douglass

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Do something today that your future self will thank you for.

Anonymous

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Our greatest weakness lies in giving up...try just one more time.

Thomas Edison

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Success is the sum of small efforts, repeated day in and day out.

Robert Collier

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The successful warrior is the average man, with laser-like focus.

Bruce Lee

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Financial Focus of the Day

5:30 AM

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM

2:30 PM

3:00 PM

3:30 PM

4:00 PM

4:30 PM

5:00 PM

top priorities

1.
2.
3.

tasks

food log

- B:
- L:
- D:
- S:

water intake

