Ritual Board

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

Ritual	Week Target	M	Т	w	Т	F	S	S

Ritual Board(Sample)

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

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Ritual	Week Target	M	Т	w	Т	F	S	S
Running	4Hrs	<u>-</u> 1	<u>.</u> 1		1		1	
Meditation	2Hrs		30min		30min	30min		30min
Reading	3Hrs	30min	30min	30min	30min	30min	30min	