MY SELF-REGUALTION SCORE CARD

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| **Date****(May)** | **Today, I did something which I did not ‘feel like’ doing but which I know for sure was a wise thing to do** Put (✔) marks here | **Mention very briefly what was that wise thing- so that you can look back with satisfaction and pride.** |
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| **My Totals!!!** |  |  |
| **My Goals for the next month** |  |  |