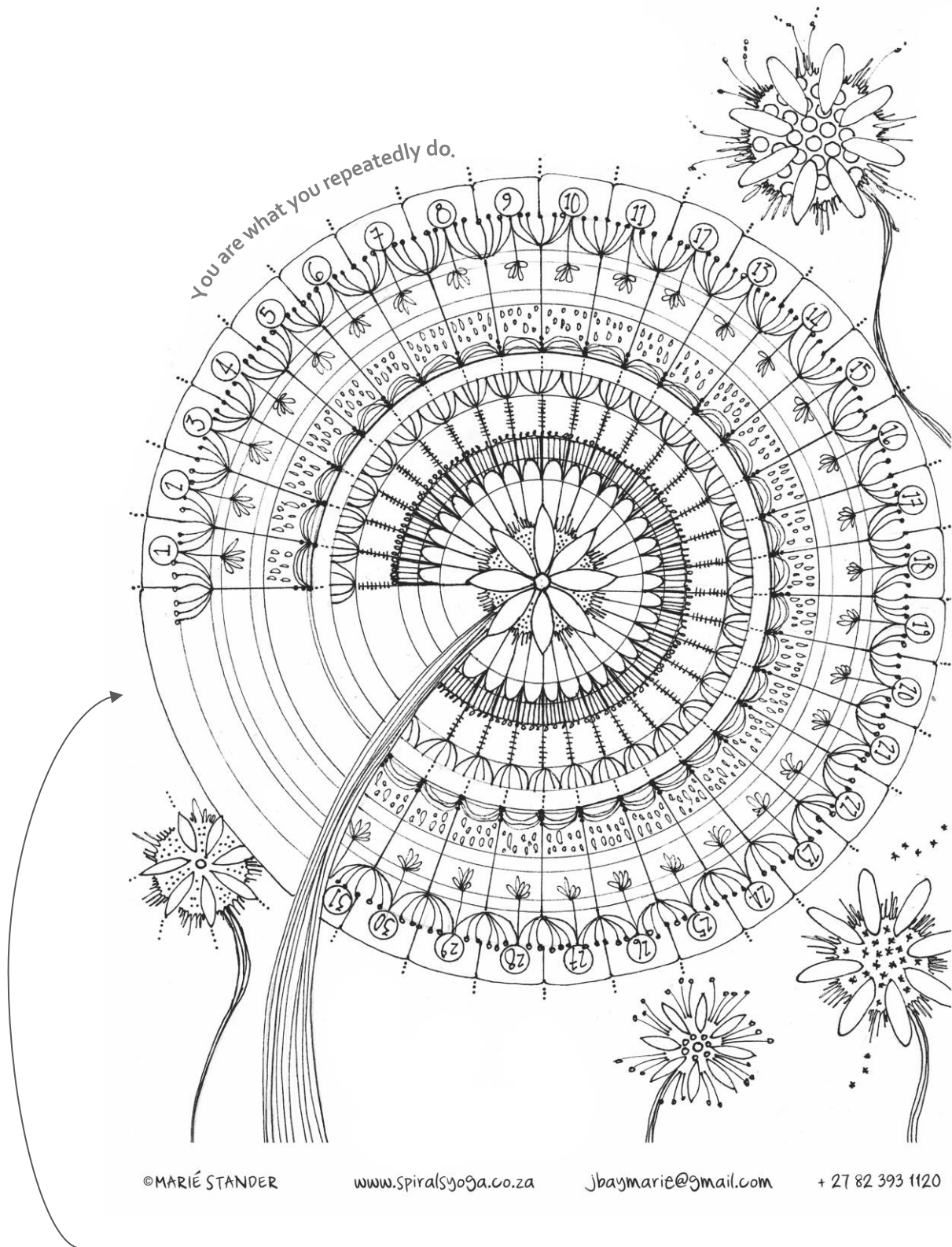


Anja van Beek

CONSULTING & COACHING



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Step 1: Write your commitments on these lines.

Step 2: Select a different colour marker to track each commitment daily.

Step 3: Have fun! Let me know how you're doing, I'm here to partner with you on your journey.

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