# FTSR - Daily Checklist for Business

Check  the box as you do each task, and then check “Completed”.

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| **Day** | **ESC Exercise** | **New Memories**  **(at least 3 times daily)** | | | | **Course**  **Correction** | **Action**  **Steps** | | **Completed** |
|  |  | **1st** | **2nd** | **3rd** | **Touchstone** |  | **1** | **2** |  |
| Morning |  |  |  |  |  |  |  |  |  |

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|  |  | **1st** | **2nd** | **3rd** | **Touchstone** |  | **1** | **2** |  |
| Morning |  |  |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |  |  |
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| Morning |  |  |  |  |  |  |  |  |  |
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| Evening |  |  |  |  |  |  |  |  |  |
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| Morning |  |  |  |  |  |  |  |  |  |
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| Morning |  |  |  |  |  |  |  |  |  |
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Adapt this checklist to suit what works best for you.