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INTRODUCTORY FREE PROGRAM, PROGRESS WORK SHEET

NAME: _____ DATE: _____ (Write the time each item was performed in the appropriate box.)

SESSIONS	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Write the date under week day (mm/dd/yy) →							
A Habit For Breaking Habits (technique)							
Positive Affirmations (technique)							
THE SOBRIETY MEDITATION (no entrainment, use on your off days)							
THE SOBRIETY MEDITATION 7 Hz Entrainment							

DATE: _____

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