

JUNE 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 6AM Get Lifted	4	5 6AM Get Lifted	6	7 6AM Get Lifted	8 8AM Get Lifted
9	10 6AM Get Lifted	11 6AM Get Lifted	12 6AM Get Lifted	13	14	15
16	17 6AM Get Lifted	18 6AM Get Lifted	19 6AM Get Lifted	20 6AM Get Lifted	21	22
23	24 6AM Get Lifted	25 6AM Get Lifted	26 6AM Get Lifted	27 6AM Get Lifted	28	29
30						

**“THE ABILITY TO DISCIPLINE YOURSELF TO DELAY GRATIFICATION IN THE SHORT TERM
 IN ORDER TO ENJOY GREATER REWARDS IN THE LONG TERM,
 IS THE INDISPENSABLE PREREQUISITE FOR SUCCESS.” BRIAN TRACY**