

GAP tools for tasks

A great tool to help you create results



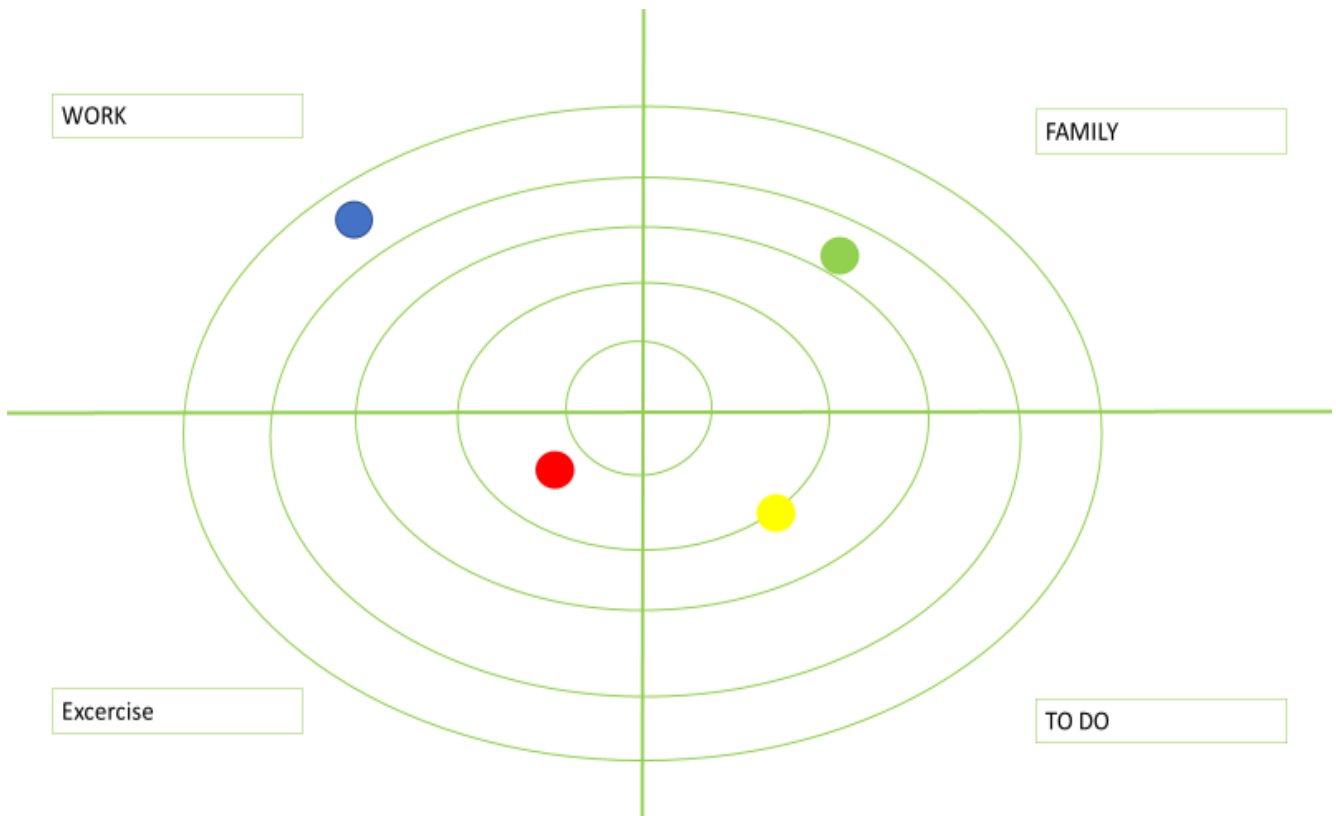
Only you can make the balance

Start working the GAP

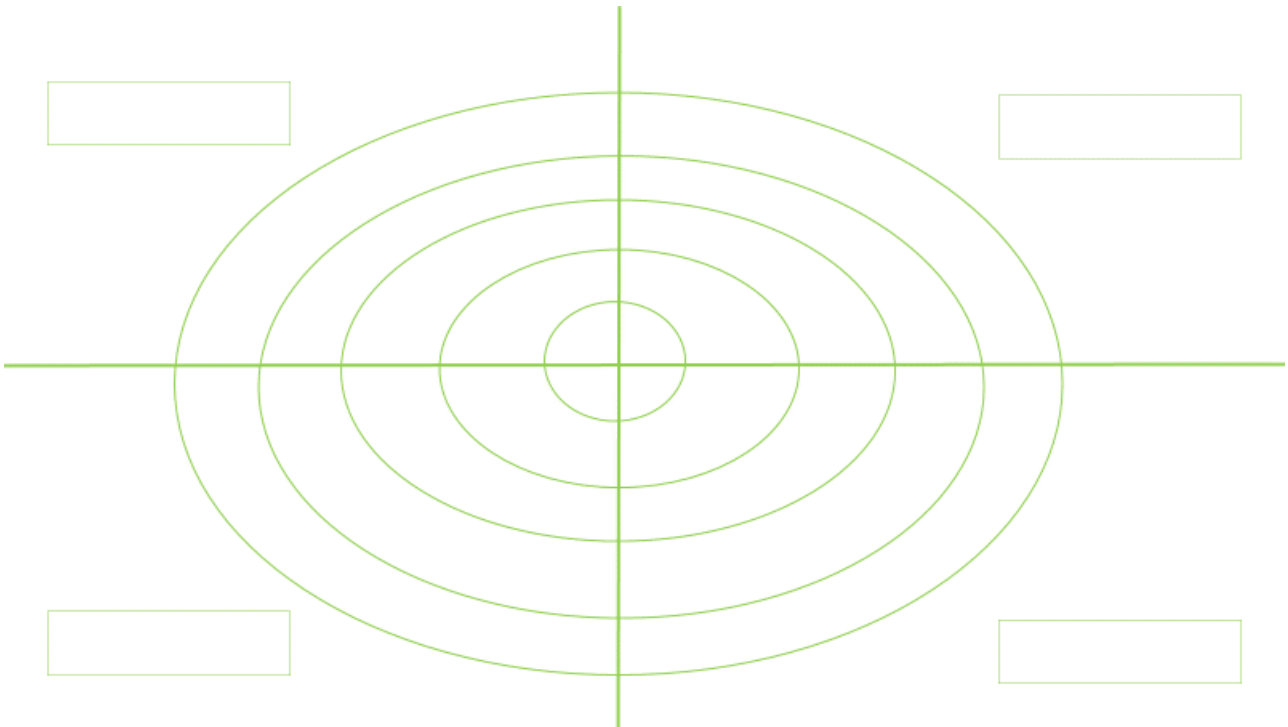
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How is MY time divided between WORK, FAMILY, Exercise, to do, on a scale from 1 to 5. 5 means it takes up a lot of your time, and 1 means that you do not spend much time on it. Place a large doc, and hang somewhere were you will see it every day to remind you, to work your balance.



ADD:



I want to:

I know because I will do:

I will see my result:

I know because: