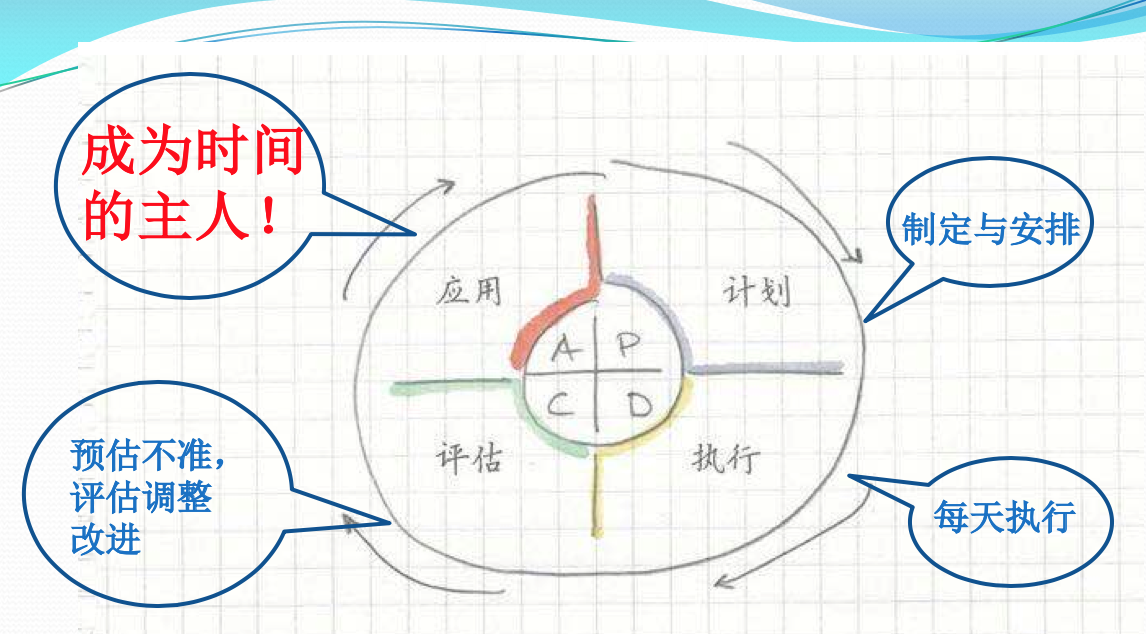
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| 鼓励自己的话：  **番茄工作每日计划表** |
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姓名： 监督人：

备注：制定与安排任务要优先排序、预估时间、劳逸结合，关键是坚持每天执行，执行过程中若出现预估不准的情况，要重新评估、适当调整。吃掉”番茄时间”，成为时间的主人，你一定可以的！