

# This Month's Resolutions

## MONTH

*You can start any time of year.*

## THEME OR AREA OF FOCUS

*Example: Energy, Time, or Friendship.*

## AIMS

*Write your aims here and check off each day that you worked on your aim(s).*

| AIMS |  |  |  |  |
|------|--|--|--|--|
| 1    |  |  |  |  |
| 2    |  |  |  |  |
| 3    |  |  |  |  |
| 4    |  |  |  |  |
| 5    |  |  |  |  |
| 6    |  |  |  |  |
| 7    |  |  |  |  |
| 8    |  |  |  |  |
| 9    |  |  |  |  |
| 10   |  |  |  |  |
| 11   |  |  |  |  |
| 12   |  |  |  |  |
| 13   |  |  |  |  |
| 14   |  |  |  |  |
| 15   |  |  |  |  |
| 16   |  |  |  |  |
| 17   |  |  |  |  |
| 18   |  |  |  |  |
| 19   |  |  |  |  |
| 20   |  |  |  |  |
| 21   |  |  |  |  |
| 22   |  |  |  |  |
| 23   |  |  |  |  |
| 24   |  |  |  |  |
| 25   |  |  |  |  |
| 26   |  |  |  |  |
| 27   |  |  |  |  |
| 28   |  |  |  |  |
| 29   |  |  |  |  |
| 30   |  |  |  |  |
| 31   |  |  |  |  |