

DAILY HABITS:	DAY																																					
	MONTHLY GOALS:	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						

WEEKLY HABITS:	✓	SUMMARY			

How will my life be better if I create the above habits? : .....

.....

.....

How will I reward myself if I create these habits? : .....

.....

.....