BestSelf™ Learning From Home Habit Builder

In a nutshell, your health, wealth, happiness, fitness, and success depend on your habits.
- Joanna Jast -

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? : .....

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

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