

SEPTEMBER 2019

“IT TAKES 21 DAYS OF CONTINUOUS PRACTICE TO FORM A NEW HABIT”

TRACK YOUR MONTHLY GOALS

THE MORE SPECIFIC THE GOAL THE BETTER

CROSS OFF EACH DAY YOU PRACTICE

JUST 10 MINUTES PER DAY CAN MAKE AN ENORMOUS DIFFERENCE

GOAL

HOW WILL YOU ACHIEVE YOUR GOAL? WHY DO YOU WANT TO ACHIEVE THIS?

GOAL

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NOTES

SUN MON TUE WED THU FRI SAT

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					

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