TRACK YOUR MONTHLY GOALS
THE MORE SPECIFIC THE GOAI THE RETTER
CROSS OFF EACH DAY YOU PRACTICE

## GOAL

JUST 10 MINUTES PER DAY CAN MAKE AN ENORMOUS DIFFERENCE

GOAL


## GOAL



NOTES


| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| 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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## GOAL



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

GOAL



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

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## DECEMBER

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$\mathbf{6 6}^{\mathbf{I T}}$ TAKES 21 dAYs OF CONTINUOUS PRACTICE TO FORM A NEW HABIT $\boldsymbol{9}$
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
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