

## 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?

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
|----------------------|----------------------|

GOAL

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

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
|----------------------|----------------------|

GOAL

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

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
|----------------------|----------------------|

NOTES

|                      |
|----------------------|
| <input type="text"/> |
|----------------------|

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 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 |    |    |    |    |    |
|    |    |    |    |    |    |    |

## 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?

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
|----------------------|----------------------|

GOAL

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

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
|----------------------|----------------------|

GOAL

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

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
|----------------------|----------------------|

NOTES

|                      |
|----------------------|
| <input type="text"/> |
|----------------------|

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    | 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 |    |    |
|    |    |    |    |    |    |    |

## 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?

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
|----------------------|----------------------|

GOAL

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

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
|----------------------|----------------------|

GOAL

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

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
|----------------------|----------------------|

NOTES

|                      |
|----------------------|
| <input type="text"/> |
|----------------------|

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 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 |
|    |    |    |    |    |    |    |

DECEMBER

“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

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

GOAL

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

NOTES

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 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 |    |    |    |    |
|    |    |    |    |    |    |    |

## 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

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

GOAL

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

NOTES

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    | 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 |    |
|    |    |    |    |    |    |    |

## 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

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

GOAL

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

NOTES

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 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 |
|    |    |    |    |    |    |    |

MARCH

“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

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

GOAL

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

NOTES

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 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 |    |    |    |    |
|    |    |    |    |    |    |    |

APRIL

“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

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

GOAL

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

NOTES

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    | 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 |    |    |
|    |    |    |    |    |    |    |



MAY

“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

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

GOAL

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

NOTES

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 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 |    |    |    |    |    |    |

JUNE

“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



HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

GOAL



HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

NOTES

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    | 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 |    |    |    |    |
|    |    |    |    |    |    |    |

JULY

“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

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

GOAL

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

NOTES

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    | 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 |    |
|    |    |    |    |    |    |    |

## 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

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

GOAL

HOW WILL YOU ACHIEVE YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS?

NOTES

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 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 |    |    |    |    |    |



