

Neuroscientists estimate we spend half of our waking hours performing habits. Let's build some great ones.

Choose a habit, then write an intention about how this habit will benefit you. Each day, fill in the box if you complete the habit.

Jan	Feb			Mar			Apr			May			Jun			Jul			Aug			Sept			Oct			Nov			Dec	
Habits		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18					23	24	25	26	27	28	29	30	31
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