

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5								
6								
7								
8								
9								
10								
11								
12								
1								
2								
3								
4								
5								
6								
7								
Tracking	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Write Out My Top 3 Goals
Silence (Meditate) = S								
Affirmations/Affirmations = A								
Visualization = V								
Exercise = E								
Read/Training = R								
Scribe (Journaling) = S								
Wake-up Time / Bed Time								
Weight								
Check Bank Balance								
Call Family / Friend								
Gratitude: I am so happy & grateful now that...				Thu:				
Mon				Fri:				
Tue:				Sat:				
Wed:				Sun:				
To-Do List								
Book:								
Self-Development/Training:								
Notes:								

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To-Do List		

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