

10 Daily Habits

Write down your 10 daily habits in the space provided and fill in the box underneath each day of the month that corresponds with the habit(s) you completed that day.

| Habits | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|--------|------|-------|------|--------|------|------|------|
| 1. | | | | | | | |
| 2. | | | | | | | |
| 3. | | | | | | | |
| 4. | | | | | | | |
| 5. | | | | | | | |
| 6. | | | | | | | |
| 7. | | | | | | | |
| 8. | | | | | | | |
| 9. | | | | | | | |
| 10. | | | | | | | |

Wins for the Month

| | | |
|-----|-----|-----|
| 1. | 11. | 21. |
| 2. | 12. | 22. |
| 3. | 13. | 23. |
| 4. | 14. | 24. |
| 5. | 15. | 25. |
| 6. | 16. | 26. |
| 7. | 17. | 27. |
| 8. | 18. | 28. |
| 9. | 19. | 29. |
| 10. | 20. | 30. |