

**SUCCESS IN AN HOUR A DAY!** 

"The difference between where you are and where you want to be is what you do."

-unknown





## **Monthly Calendar**

Why I am doing this:

How I want to feel while doing this:

How I am going to do this:

Monthy Goal:			_		
	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Goal:	Daily Goal:	Daily Goal:	Daily Goal:	Daily Goal:	Daily Goal:
Weekly Goal:	Daily Goal:	Daily Goal:	Daily Goal:	Daily Goal:	Daily Goal:
Treeting geating	Daily Goal.	Dutty Goat.	Dutty Godt.	Daily Godi.	Daily Goal.
Weekly Goal:	Daily Goal:	Daily Goal:	Daily Goal:	Daily Goal:	Daily Goal:
Weekly Goal:	Daily Goal:	Daily Goal:	Daily Goal:	Daily Goal:	Daily Goal:



## **Weekly Calendar**

Why	lam	doing	this:
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How I want to feel while doing this:

How I am going to do this:

Weekly Goal:				
Monday	Tuesday	Wednesday	Thursday	Friday
Daily Goal:	Daily Goal:	Daily Goal:	Daily Goal:	Daily Goal: