THRIVE& TWIRL



2025

COMMITMENT MANIFESTO

l,,
hereby commit to achieving my goals and fulfilling my potential. I understand the importance of dedication, perseverance, and accountability in the pursuit of my dreams. By signing this contract, I make a solemn promise to myself to give my best effort and stay focused
To fulfill this commitment, I pledge to:
Set clear and measurable objectives for each goal.
Create a realistic and actionable plan to achieve these objectives.
 Prioritize my time effectively and eliminate distractions that hinder my
progress.
 Continuously assess my performance and adjust my strategies as needed. Seek support and guidance when faced with challenges.
 Celebrate small victories and milestones along the way.
Reflect on my progress regularly and make necessary adjustments to my
plan.
I understand that achieving my goals requires consistent effort, resilience, and
a positive mindset. By signing below, I acknowledge the importance of staying
true to this commitment and holding myself accountable for my success.
Signature:

Date: _____

CALENDAR 2025

Quarter 1

T	Λ	N1	11	Λ	\mathbf{D}	1.7
	\mathcal{A}	1.	11	\mathcal{A}	ĸ	Y

S M T W T F S 29 30 31 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

FEBRUARY

M	T	W	T	F	S
					1
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	
	27 3 10 17	27 28 3 4 10 11 17 18	27 28 29 3 4 5 10 11 12 17 18 19	27 28 29 30 3 4 5 6 10 11 12 13 17 18 19 20	M T W T F 27 28 29 30 31 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28

MARCH

S	M	T	W	T	F	S
						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					

Quarter 2

S	M	T	W	T	F	S
30	31	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	1	2	3

МАҮ

S	M	T	W	T	F	S
27	28	29	30	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

S	M	T	W	T	F	S
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
20	30	1	9	2	4	

Quarter 3

JULY

S	M	T	W	T	F	S
29	30	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	1	2

AUGUST

S	M	T	W	T	F	S
27	28	29	30	31	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	1	2	3	4	5	6

SEPTEMBER

S	M	T	W	T	F	S
31	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	1	2	3	4

Quarter 4

OCTOBER

S	M	T	W	T	F	S
28	29	30	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	1

NOVEMBER

S	M	T	W	T	F	S
26	27	28	29	30	31	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	1	2	3	4	5	6

DECEMBER

S	M	T	W	T	F	S
30	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	1	2	3

QUARTER 1

What is the theme of thi	is quarter?		
What does it represent?			
How will you succeed?			
January GOAL :			
GOAL PROGRESS: 09	%	50%	100%
February GOAL:			
GOAL PROGRESS: 09	%	50%	100%
March GOAL :			
GOAL PROGRESS: 09	%	50%	100%

JANUARY

IN THIS COLD WEATHER, PRIORITIZE SELF-CARE ACTIVITIES THAT BRING WARMTH AND COMFORT.START THE YEAR WITH A FRESH PERSPECTIVE. CONSIDER ACTIVITIES LIKE COZYING UP WITH A BOOK, TAKING WARM BATHS, AND EMBRACE THE OPPORTUNITY FOR NEW BEGINNINGS.

1.	S THIS MI)NI II :					
2.							
3.							
WHICH HABIT ARE YOU TRACKING?	S	M	Т	W	Т	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							
WHICH HABIT ARE YOU TRACKING?	S	M	Т	W	Т	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							
WHICH HABIT ARE YOU TRACKING?	S	M	Т	W	Т	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							



JAN





FEBRUARY

NURTURE MEANINGFUL CONNECTIONS WITH LOVED ONES. WHETHER IT'S A ROMANTIC RELATIONSHIP, FAMILY, OR FRIENDS, PRIORITIZE QUALITY TIME AND OPEN COMMUNICATION.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

1.				
2.				
3.				
WHICH HABIT ARE YOU TRACKING?	S M	T W	T F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?				
WHAT RESULT TO DO WHISH FOR?				
WHICH HABIT ARE YOU TRACKING?	S M	T W	T F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?				
WHAT RESULT TO DO WHISH FOR?				
WHICH HABIT ARE YOU TRACKING?	S M	T W	T F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?				
WHAT RESULT TO DO WHISH FOR?				



FEB



MARCH

DECLUTTER YOUR MENTAL SPACE. IDENTIFY NEGATIVE THOUGHTS, PRACTICE MINDFULNESS, AND FOCUS ON POSITIVE AFFIRMATIONS TO CREATE MENTAL CLARITY.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

1.

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

2.								
3.								
WHICH HABIT ARE YOU TRACKING?	7	S	M	T	W	T	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?								
WHAT RESULT TO DO WHISH FOR ?								
WHICH HABIT ARE YOU TRACKING?	90	S	M	T	W	Т	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?								
WHAT RESULT TO DO WHISH FOR ?								
WHICH HABIT ARE YOU TRACKING?	T.	S	M	T	W	T	F	S
WHICH HABIT ARE YOU TRACKING? FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	T	s • • • • • • • • • • • • • • • • • • •	M O	T ()	w • • • • • • • • • • • • • • • • • • •	T ()	F	s () () ()



MAR





QUARTER 2

What is the theme of this qu	ıarter?
What does it represent?	
How will you succeed?	
April GOAL :	
GOAL PROGRESS: 0%	50%
May GOAL:	
GOAL PROGRESS: 0%	50%
June GOAL :	
GOAL PROGRESS: 0%	50%



AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENG	ES THIS MO	NTH?					
1.							
2.							
3.							
WHICH HABIT ARE YOU TRACKING?	S	M	Т	W	Т	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?							
WHAT RESULT TO DO WHISH FOR ?							
95							
WHICH HABIT ARE YOU TRACKING?	S	M	T	W	T	F	S
WHICH HABIT ARE YOU TRACKING? FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?	s	M () () () () () () () () () (T () () () () () () () () () () () () ()	w	T () () () () () () () () () (F	s
FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?	s	M () () () () () () () () () (T () () () () () () () () () (w	T	F	s O O S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							



APR







AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING

2. 3. WHICH HABIT ARE YOU TRACKING? SM TW TFS FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? SM TW TFS WHICH HABIT ARE YOU TRACKING? SM TW TFS FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?	WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES	THIS MO	NTH?					
WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? WHAT RESULT TO DO WHISH FOR? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? WHAT RESULT TO DO WHISH FOR? WHAT RESULT TO DO WHISH FOR? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	1.							
WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING THIS HABIT? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	2.							
WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING THIS HABIT? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	9							
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? S M T W T F S FOR EACH GOAL ARE YOU TRACKING?	J.							
WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? S M T W T F S WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING?	WHICH HABIT ARE YOU TRACKING?	S	M	T	W	T	F	S
WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? S M T W T F S WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING?								
WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? S M T W T F S WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	FOR EACH GOAL ARE YOU TRACKING THIS HABIT?							
WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? S M T W T F S WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT?								
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	WHAT RESULT TO DO WHISH FOR ?							
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT?			\bigcup	\bigcup	\bigcup	\bigcup	\bigcup	\bigcup
WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT?		•		m	33.7	m	10	
WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	WHICH HABIT ARE YOU TRACKING?	5	M	T	W	Т	ľ	S
WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? O O O O O O O O O	WHICH HABIT ARE YOU TRACKING?	5	M	T	W	T	F O	S
WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? O O O O O O O O O		S	M		w O			
WHICH HABIT ARE YOU TRACKING? S M T W T F S FOR EACH GOAL ARE YOU TRACKING THIS HABIT? S M T W T F S O O O O O								
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?							
	FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							
	FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							s
WHAT RESULT TO DO WHISH FOR?	FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							
WHAT RESULT TO DO WHISH FOR?	FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING?							
	FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING?							



MAY







AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING POWER OF NATURE.

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENG	ES THIS MO	NTH?					
1.							
2.							
3.							
WHICH HABIT ARE YOU TRACKING?	S	M	Т	W	Т	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?							
WHAT RESULT TO DO WHISH FOR ?							
WHAT RESCEI TO DO WHISH FOR:							
<u> </u>							
WHICH HADIT ADE VOU TRACKING 2	S	M	Т	W	Т	F	S
WHICH HABIT ARE YOU TRACKING?	S	M	T	W	T	F	S
WHICH HABIT ARE YOU TRACKING? FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	s 	M	T	w	T	F O	s O
	s	M ()		w		F	
	s	M () () () () () () () () () () () () ()	T () () () () () () () () () () () () ()	w	T () () () () () () () () () () () () ()	F	
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	s	M () () () () () () () () () () () () ()	T () () () () () () () () () () () () ()	w	T () () () () () () () () () (F	
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	s	M () () () () () () () () () (T () () () () () () () () () (w	T	F	s O O S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR? WHICH HABIT ARE YOU TRACKING?							



JUN





QUARTER 3

What is the theme of this qu	ıarter?
What does it represent?	
How will you succeed?	
July GOAL:	
GOAL PROGRESS: 0%	50%
August GOAL:	
GOAL PROGRESS: 0%	50%
September GOAL:	
GOAL PROGRESS: 0%	50%



AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING POWER OF NATURE.

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES 1.	S THIS MO	NTH?	•				
••							
2.							
3.							
WHICH HABIT ARE YOU TRACKING?	S	M	Т	W	Т	F	S
			\bigcirc	\bigcirc			
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?							
WHAT RESULT TO DO WHISH FOR ?							
WHICH HABIT ARE YOU TRACKING?	S	M	T	W	T	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?							
WHAT RESULT TO DO WHISH FOR ?							
WHICH HABIT ARE YOU TRACKING?	S	M	Т	W	Т	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?							
WHAT RESULT TO DO WHISH FOR ?							



JUL



AUGUST

DECLUTTER YOUR MENTAL SPACE. IDENTIFY NEGATIVE THOUGHTS, PRACTICE MINDFULNESS, AND FOCUS ON POSITIVE AFFIRMATIONS TO CREATE MENTAL CLARITY.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

1.

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

2.								
3.								
	- N	S	M	Т	W	Т	F	S
WHICH HABIT ARE YOU TRACKING?		3	IVI	1	W	1	Г	<u></u>
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?								\bigcirc
		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
WILLT DECLUT TO DO WHICH FOR 9								\bigcirc
WHAT RESULT TO DO WHISH FOR ?								\bigcirc
	~							
WHICH HABIT ARE YOU TRACKING?	The state of the s	S	M	T	W	Т	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?								
WHAT RESULT TO DO WHISH FOR ?								
WHICH HARIT ARE VOILTRACKING 2	7	<u></u>	M	T	W	Т	F	S
WHICH HABIT ARE YOU TRACKING?		S	M	T	W	T	F	S
WHICH HABIT ARE YOU TRACKING?		S	M	T	W	T	F	S
WHICH HABIT ARE YOU TRACKING? FOR EACH GOAL ARE YOU TRACKING THIS HABIT?		s O	M	T	W	T	F	s ()
	· P	s • • • • • • • • • • • • • • • • • • •	M	T	w	T	F	s O O
	· PP	s • • • • • • • • • • • • • • • • • • •	M () () () () () () () () () (T () () () () () ()	w • • • • • • • • • • • • • • • • • • •	T	F	s () () () ()
FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?	· 7P	s • • • • • • • • • • • • • • • • • • •	M () () () () () () () () () (T () () () () () () () () () (w	T	F	s () () () ()



AUG



SEPTEMBRE

AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING

1.	ies this Mu	JN I H ?					
2.							
3.							
WHICH HABIT ARE YOU TRACKING?	S	M	Т	W	Т	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							
WHICH HABIT ARE YOU TRACKING?	S	M	T	\mathbf{W}	T	\mathbf{F}	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							
	s	○○○M○	O O O T	w	○○T○	О О О Г	\$
WHAT RESULT TO DO WHISH FOR ?	s •	M () ()	O O O O O O O	w 000	T ()	F 0	s 0 0 0



SEP





QUARTER 4

What is the theme of this qu	ıarter?
What does it represent?	
How will you succeed?	
October GOAL:	
GOAL PROGRESS: 0%	50%
November GOAL:	
GOAL PROGRESS: 0%	50%
December GOAL:	
GOAL PROGRESS: 0%	50%

OCTOBER

CREATE A COZY AND COMFORTING ENVIRONMENT. EMBRACE THE FALL SEASON WITH WARM BLANKETS, SCENTED CANDLES, AND ACTIVITIES THAT BRING COMFORT AND JOY.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS N 1. 2.	IONTH?
 3. WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MC 1. 2. 3. 	ONTH?
WHICH HABIT ARE YOU TRACKING ?	$\begin{array}{cccccccccccccccccccccccccccccccccccc$
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	
WHAT RESULT TO DO WHISH FOR ?	
WHICH HABIT ARE YOU TRACKING ?	$\begin{array}{cccccccccccccccccccccccccccccccccccc$
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	
WHAT RESULT TO DO WHISH FOR ?	
WHICH HABIT ARE YOU TRACKING ?	$\begin{array}{cccccccccccccccccccccccccccccccccccc$
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	
WHAT RESULT TO DO WHISH FOR ?	



OCT



NOVEMBER

DECLUTTER YOUR MENTAL SPACE. IDENTIFY NEGATIVE THOUGHTS, PRACTICE MINDFULNESS, AND FOCUS ON POSITIVE AFFIRMATIONS TO CREATE MENTAL CLARITY.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

1.

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

2.								
3.								
WHICH HABIT ARE YOU TRACKING?	7	S	M	T	W	T	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?								
WHICH HABIT ARE YOU TRACKING?	7	S	M	T	W	T	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?								
WHICH HABIT ARE YOU TRACKING?	7	S	M	T	W	T	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?								
WHAT RESULT TO DO WHISH FOR?								



NOV



DECEMBER

AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING

1.	ES THIS MO	NTH?					
2.							
3.							
WHICH HABIT ARE YOU TRACKING?	S	M	Т	W	Т	F	S
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							
WHICH HABIT ARE YOU TRACKING?	S	M	T	W	T	F	S
WHICH HABIT ARE YOU TRACKING? FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?	s	M () () () () () () () () () (T () () () () () () () () () () () () ()	w	T () () () () () () () () () () () () ()	F	s
FOR EACH GOAL ARE YOU TRACKING THIS HABIT?	s	M ()	T () () () () () () () () () (w	T	F	s
FOR EACH GOAL ARE YOU TRACKING THIS HABIT? WHAT RESULT TO DO WHISH FOR?							



DEC

