



## 10 Daily Habits

**Instructions:** Write your 10 daily habits in the space provided. Each day, colour in the box for that day and that habit to track your progress. The objective is to fill in all the boxes during the month. Choose how many days per week you will practice these habits (between 5 and 7).

Daily Habits for the Month of \_\_\_\_\_

HABIT	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
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2.																															
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9.																															
10.																															