

My month of small habits

Colour a dot when you do it. Skip days are allowed.

MONTH _____

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

done a little counts skipped, and that's fine. A missed day never erases the ones before it.

WHAT WENT WELL

NEXT MONTH, GENTLY

