

# TODAY, I COMMIT TO CHANGE

habits I should develop to help me progress towards my dream life

what?

why?  
and how does it make you feel?

when?  
HH:MM AM/PM

## HABIT TRACKER

JAN FEB MAR APR MAY JUN  
JUL AUG SEP OCT NOV DEC

	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
HABIT 1																															
HABIT 2																															
HABIT 3																															
HABIT 4																															
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