DREAM YOUR VISION 024 Goals Health wealth Relationships Callega & Hobbies Education Travel RESI @resilientvisuals

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2024 Habits

It takes <u>21 days</u> to build or break a habit. It takes <u>90 days</u> to make it a lifestyle.

	make it	a lifestyle.		
	Habits to Build	Why?		_
1				
2				
3				
	Check each day you accommissed	nplish habit. one day.	Mark X if you	_
	2 (3 0 0 0	
				3
	Habits to Break	Why?		
1				
2				
3				
C	heck each day you avoid habit t	habit. Mark hat day.	X if you did the	
1	2 (30000	
	0000			

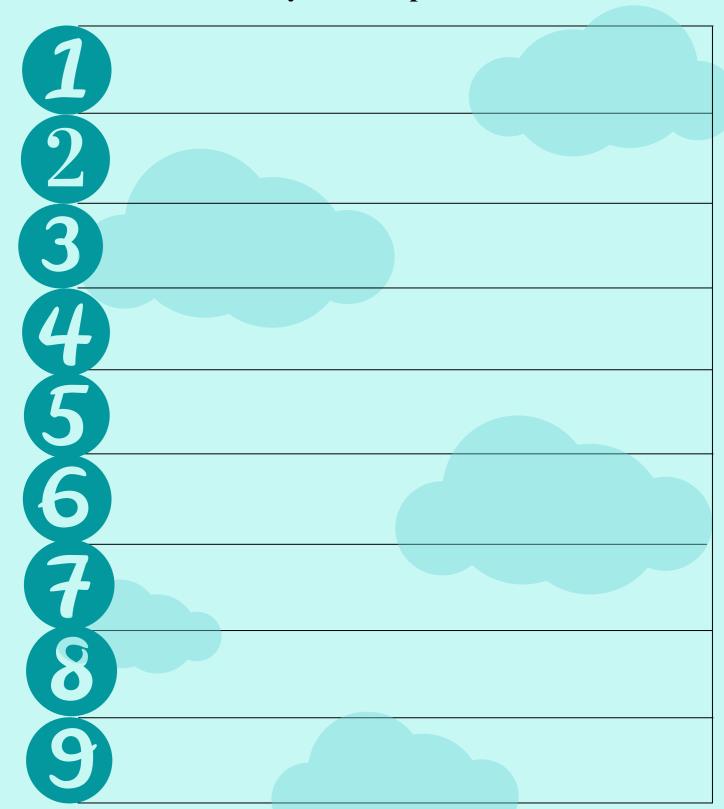




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CHAPTER 2024

What will you write into your life by the end of this year's chapter?







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2024 BUCKET LIST-



