

My Daily Accomplishments for _____ (month)

Instructions: Write down the daily accomplishments you want to master for the month under the column labeled “This month’s Accomplishments.” Once you complete the task, check (✓) the day of the month it corresponds to. The idea is to perform the task as often as possible to make it a habit—for best results. Sample tasks: morning walk or jog, drink 5 glasses of water a day, be appreciative of one thing, read, etc.

Note: try not to take on too many tasks at the same time; it could get overwhelming. Focus on the ones you want to master immediately then move on to the next one. You can remove your tasks from the list once the month is completed, add new ones, or keep the ones you want to master.

This Month's Accomplishments	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

