Pearlette Ramos

INSPIRING & AWAKENING THROUGH EXPLORATION

10 Daily Habits for the Month of _____

Instructions: Write your 10 daily habits in the space provided. Each day, color 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 — 5 or 7.

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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