



2 NEW HABITS I WANT TO CREATE



A ONE MINUTE EXERCISE I WANT TO DO DAILY



1 THING I WOULD LIKE TO BUY



5 FRIENDS/FAMILY I CAN CHECK IN ON DAILY



1 SPIRITUAL PRACTISE I WANT TO DEVELOP



2 CHALLENGING THINGS I WANT TO OVERCOME

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	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50



2 NEW SKILLS I WANT TO LEARN



2 CHORES I CAN HELP MY PARENTS WITH



3 BOOKS I WANT TO READ



3 FUN ACTIVITIES WITH MY FAMILY



3 ACTS OF KINDNESS I WANT TO PERFORM



3 EXERCISE GOALS I WANT TO ACHIEVE



3 PEOPLE I CAN WRITE TO ENCOURAGE OR THANK