



1 NEW HABIT I WANT  
TO CREATE



A ONE MINUTE  
EXERCISE I WANT  
TO DO DAILY



1 THING I WOULD LIKE  
TO BUY



10 ITEMS I CAN  
DONATE



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



MY 12 MONTH  
SAVINGS GOAL



3 PEOPLE I CAN WRITE TO  
ENCOURAGE OR THANK