

30 Day Challenge

The habit I am creating / destroying is _____

Creating / destroying this habit will change my future by _____

Affirmation statement _____

Plan of action _____

Start Date _____ End Date _____

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