

# Habit Tracker

"We become what we repeatedly do."  
— Sean Covey

Month/Year:

✓ Habits I'm working on:	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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"The quality of your life is in direct relationship to the quality of your habits and rituals." — Stan Jacobs

MY MOTIVATION

NOTES

AFFIRMATIONS

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