Habit Tracker

track meditation, self-care, movement, creativity, or whatever you like for personal growth!

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

What are my top 3 priorities this month?

_____

_____

_____

Day																															
Habit	**Goal: How often?**	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

What worked well this month? _____

What did I learn? _____

What resources or habits will I add or take away for next month? _____

LAURA WENGER

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