

SMALL HABITS CHECKLIST

DAILY JOURNALING

MON TUE WED THU FRI SAT SUN

WAKING UP AT SAME TIME

MON TUE WED THU FRI SAT SUN

SAYING NO

MON TUE WED THU FRI SAT SUN

EXERCISING AT LEAST 30 MINS

MON TUE WED THU FRI SAT SUN

SAVING MONEY

MON TUE WED THU FRI SAT SUN

LEARNING EVERY DAY

MON TUE WED THU FRI SAT SUN

SETTING DAILY PRIORITIES

MON TUE WED THU FRI SAT SUN