

[illegible]

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	

[illegible]

1	2	3	4
5	6	52 Weeks 	
9	10		
13	14	Week	What
		1	
		2	
		3	
		4	
		5	
		6	
		7	
		8	
		9	
		10	
		11	
		12	
		13	
		14	
		15	
		16	

Week	What	Done!
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		

Week	Wght	Done!
27		
28		
29		
30		
31		
32		
33		
34		
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52		

Life Balance

[illegible]

Habit Tracker

January Habit:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
20	21	22	23	24	25	26	27	28	29	30	31	Daniel	★	★	★	

February Habit:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
20	21	22	23	24	25	26	27	28	29	30	31	Daniel	★	★	★	

March Habit:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
20	21	22	23	24	25	26	27	28	29	30	31	Daniel	★	★	★	

January

Habit:

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	Done!	★	★	★	★	★	★

February

Habit:

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	Done!	★	★	★	★	★	★

March

Habit:

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	Done!	★	★	★	★	★	★

April

Habit:

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	Done!	★	★	★	★	★	★

July

Habit:

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	Done!	★	★	★	★	★	★

August

Habit:

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	Done!	★	★	★	★	★	★

September

Habit:

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	Done!	★	★	★	★	★	★

October

Habit:

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	Done!	★	★	★	★	★	★

November Habit:

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	Done!	★	★	★	★	★	★

December Habit:

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	Done!	★	★	★	★	★	★

[illegible]

Who am I?
Why am I here?

LEARNING

RELATIONSHIP

CAREER

FINANCE

LIFESTYLE

SPIRITUALITY

RECREATION

HEALTH

FAMILY

RELOCATION

0 10 20 30 40 50 60 70 80 90 100

PART 2

CHALLENGES & ACTIONS