

My values and I.

Habits monitoring template



Month: _____

Habits	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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2.-																															
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11.-																															
12.-																															

Instructions

- 1.- Write the month in which you are starting to monitor your habits in the corresponding space.
- 2.- In the left column write the habits you are developing.
- At the end of the day, review the table and under the corresponding date make a check mark if you did the activity (✓), an X if you did not do it, or a dash (-) if you made an exception or did not plan the activity that day.
- 4.- Try to make a chain of verifications (✓) and do not break it.
- 5.- At the end of the month analyze the results and start a new sheet for the next month.
- 6.- Keep a file, reflect on progress and areas of growth.