

| Daily Questions...                             | < Days > |         |           |          |        |          |        | Weekly |      |
|--|----------|---------|-----------|----------|--------|----------|--------|--------|------|
| Did I do my best to: (1 - 10 scale)(Limit: 5)  | Monday   | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total  | Goal |
| Read three (or ten) pages today                |          |         |           |          |        |          |        |        |      |
| Follow the roadmap to my goals                 |          |         |           |          |        |          |        |        |      |
| Track any successes or failures during the day |          |         |           |          |        |          |        |        |      |
| give generously                                |          |         |           |          |        |          |        |        |      |
| forgive  |          |         |           |          |        |          |        |        |      |
| respect others                                 |          |         |           |          |        |          |        |        |      |
| talk about ideas rather than people            |          |         |           |          |        |          |        |        |      |
| speak the truth                                |          |         |           |          |        |          |        |        |      |
| learn something new today                      |          |         |           |          |        |          |        |        |      |
| embrace change today                           |          |         |           |          |        |          |        |        |      |
| be mindful of the way I spent my time          |          |         |           |          |        |          |        |        |      |
| connect with my top 5                          |          |         |           |          |        |          |        |        |      |
| seek mentorship opportunities                  |          |         |           |          |        |          |        |        |      |
| take responsibility for my actions             |          |         |           |          |        |          |        |        |      |
| ask valid questions                            |          |         |           |          |        |          |        |        |      |
| continue to create and develop good habits     |          |         |           |          |        |          |        |        |      |
| think productively                             |          |         |           |          |        |          |        |        |      |

| Daily Tracking...      | < Days > |         |           |          |        |          |        | Weekly |      |
|------------------------|----------|---------|-----------|----------|--------|----------|--------|--------|------|
| Frequency of activity: | Monday   | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total  | Goal |
| Free Days:             |          |         |           |          |        |          |        |        |      |
| Exercise calories:     |          |         |           |          |        |          |        |        |      |
| Weight:                |          |         |           |          |        |          |        |        |      |
| Meditate (minutes):    |          |         |           |          |        |          |        |        |      |
| Walk/Time to Think:    |          |         |           |          |        |          |        |        |      |

|   |  |  |  |  |  |  |  |       |           |
|---|--|--|--|--|--|--|--|-------|-----------|
| Sixty Day Challenge: Habit being formed |  |  |  |  |  |  |  | -     | 7 x 9 Wks |
|   |  |  |  |  |  |  |  | Week: | 1         |

|                   |      |       |      |      |      |       |       |        |      |
|-------------------|------|-------|------|------|------|-------|-------|--------|------|
| Annual Free Days: | Jan: | Feb:  | Mar: | Mar: | May: | June: | Goal: |        | 20xx |
|                   |      | July: | Aug: | Sep: | Oct: | Nov:  | Dec:  | Total: |      |