

# This Month's Resolutions

## MONTH

*You can start any time of year.*

## THEME OR AREA OF FOCUS

*Example: Energy, Time, or Friendship.*

## AIMS

*Write your aims here and check off each day that you worked on your aim(s).*

AIMS				
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				