

<i>Write / Note Your Better Choices - JANUARY 2022 - Note Your Actions &amp; Track Your Results</i>						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
						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					

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 <u>I Choose To DO:</u> _____	17 <u>I Choose To BE:</u> _____	26 <u>The Universe is Doing:</u> _____
9 _____	18 _____	27 _____

<i>Write / Note Your Better Choices - FEBRUARY 2022 - Note Your Actions &amp; Track Your Results</i>						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
		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					

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 I Choose To DO: _____	17 I Choose To BE: _____	26 The Universe is Doing: _____
9 _____	18 _____	27 _____

<i>Write / Note Your Better Choices - MARCH 2022 - Note Your Actions &amp; Track Your Results</i>						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
		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		

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 I Choose To DO: _____	17 I Choose To BE: _____	26 The Universe is Doing: _____
9 _____	18 _____	27 _____

<i>Write / Note Your Better Choices - APRIL 2022 - Note Your Actions &amp; Track Your Results</i>						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
					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

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 I Choose To DO: _____	17 I Choose To BE: _____	26 The Universe is Doing: _____
9 _____	18 _____	27 _____

<i>Write / Note Your Better Choices - MAY 2022 - Note Your Actions &amp; Track Your Results</i>						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
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				

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 I Choose To DO: _____	17 I Choose To BE: _____	26 The Universe is Doing: _____
9 _____	18 _____	27 _____

<i>Write / Note Your Better Choices - JUNE 2022 - Note Your Actions &amp; Track Your Results</i>						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
			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		

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 I Choose To DO: _____	17 I Choose To BE: _____	26 The Universe is Doing: _____
9 _____	18 _____	27 _____

<i>Write / Note Your Better Choices - JULY 2022 - Note Your Actions &amp; Track Your Results</i>						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
					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						

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 <u>I Choose To DO:</u> _____	17 <u>I Choose To BE:</u> _____	26 <u>The Universe is Doing:</u> _____
9 _____	18 _____	27 _____

<i>Write / Note Your Better Choices - AUGUST 2022 - Note Your Actions &amp; Track Your Results</i>						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
	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			

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 I Choose To DO: _____	17 I Choose To BE: _____	26 The Universe is Doing: _____
9 _____	18 _____	27 _____



<i>Write / Note Your Better Choices</i>			<i>- SEPTEMBER 2022 -</i>		<i>Note Your Actions &amp; Track Your Results</i>	
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
				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	

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 I Choose To DO: _____	17 I Choose To BE: _____	26 The Universe is Doing: _____
9 _____	18 _____	27 _____

Write / Note Your Better Choices - OCTOBER 2022 - Note Your Actions & Track Your Results						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
						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					

Rewarding Actions / Good Choices	When (Attached to _____ Action)	Activity / Movement / Enjoyment
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 I Choose To DO: _____	17 I Choose To BE: _____	26 The Universe is Doing: _____
9 _____	18 _____	27 _____

<i>Write / Note Your Better Choices - NOVEMBER 2022 - Note Your Actions &amp; Track Your Results</i>						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
		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			

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 I Choose To DO: _____	17 I Choose To BE: _____	26 The Universe is Doing: _____
9 _____	18 _____	27 _____

<i>Write / Note Your Better Choices - DECEMBER 2022 - Note Your Actions &amp; Track Your Results</i>						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
				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

<i>Rewarding Actions / Good Choices</i>	<i>When (Attached to _____ Action)</i>	<i>Activity / Movement / Enjoyment</i>
1 _____	10 _____	19 _____
2 _____	11 _____	20 _____
3 _____	12 _____	21 _____
4 _____	13 _____	22 _____
5 _____	14 _____	23 _____
6 _____	15 _____	24 _____
7 _____	16 _____	25 _____
8 I Choose To DO: _____	17 I Choose To BE: _____	26 The Universe is Doing: _____
9 _____	18 _____	27 _____