

Intention & Action = Success

January 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				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 Action / Good Choices	Will Do, Attached to _____ Action	Activity / Movement / Enjoyment
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
I Choose to DO: _____	I Choose to BE: _____	The Universe is DOING: _____
1 _____	1 _____	1 _____

Intention & Action = Success

February 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	28	28

Rewarding Action / Good Choices	Will Do, Attached to _____ Action	Activity / Movement / Enjoyment
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
I Choose to DO:	I Choose to BE:	The Universe is DOING:
1 _____	1 _____	1 _____

Intention & Action = Success

March 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Action / Good Choices	Will Do, Attached to _____ Action	Activity / Movement / Enjoyment
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
I Choose to DO: _____	I Choose to BE: _____	The Universe is DOING: _____
1 _____	1 _____	1 _____

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April 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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		

Rewarding Action / Good Choices	Will Do, Attached to _____ Action	Activity / Movement / Enjoyment
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
I Choose to DO: _____	I Choose to BE: _____	The Universe is DOING: _____
1 _____	1 _____	1 _____

Intention & Action = Success

May 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

Rewarding Action / Good Choices	Will Do, Attached to _____ Action	Activity / Movement / Enjoyment
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
I Choose to DO: _____	I Choose to BE: _____	The Universe is DOING: _____
1 _____	1 _____	1 _____

Intention & Action = Success

June 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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				

Rewarding Action / Good Choices	Will Do, Attached to _____ Action	Activity / Movement / Enjoyment
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
I Choose to DO: _____	I Choose to BE: _____	The Universe is DOING: _____
1 _____	1 _____	1 _____

Intention & Action = Success

July 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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 Action / Good Choices	Will Do, Attached to _____ Action	Activity / Movement / Enjoyment
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
I Choose to DO: _____	I Choose to BE: _____	The Universe is DOING: _____
1 _____	1 _____	1 _____

Intention & Action = Success

August 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	125	26	27	28	29
30	31					

Rewarding Action / Good Choices	Will Do, Attached to _____ Action	Activity / Movement / Enjoyment
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
I Choose to DO: _____	I Choose to BE: _____	The Universe is DOING: _____
1 _____	1 _____	1 _____

Intention & Action = Success

September 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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			

Rewarding Action / Good Choices	Will Do, Attached to _____ Action	Activity / Movement / Enjoyment
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
I Choose to DO: _____	I Choose to BE: _____	The Universe is DOING: _____
1 _____	1 _____	1 _____

Intention & Action = Success

October 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
45	4	6	7	8	8	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Rewarding Action / Good Choices

Will Do, Attached to _____ Action

Activity / Movement / Enjoyment

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

I Choose to DO: _____

1 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

I Choose to BE: _____

1 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

The Universe is DOING: _____

1 _____

Intention & Action = Success

November 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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					

Rewarding Action / Good Choices	Will Do, Attached to _____ Action	Activity / Movement / Enjoyment
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
I Choose to DO: _____	I Choose to BE: _____	The Universe is DOING: _____
1 _____	1 _____	1 _____

Intention & Action = Success

December 2026

Consistency = New Habits

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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 Action / Good Choices

Will Do, Attached to _____ Action

Activity / Movement / Enjoyment

1

2

3

4

5

6

7

I Choose to DO:

1

1

2

3

4

5

6

7

I Choose to BE:

1

1

2

3

4

5

6

7

The Universe is DOING:

1