

Intention & Action = Success

NOVEMBER 2025

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 2025

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 _____