

THIS MONTH I WANT TO SUPPORT

HABIT	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

Track gently: consistency is information, not a grade.

WHAT HELPED

WHAT GOT IN THE WAY

KEEP / CHANGE / RELEASE

ONE SMALL EXPERIMENT FOR NEXT MONTH
