

Name: _____

Date: _____

Productive Habit

Your world after 30 days 0

Your world after 30 days 0

Your world after 30 days 0

Nemesis: Loneliness

21	M	A	E	22	M	A	E	23	M	A	E	24	M	A	E	25	M	A	E	26	M	A	E	27	M	A	E	28	M	A	E	29	M	A	E	30	M	A	E
3				3				3				3				3				3				3				3				3							
2				2				2				2				2				2				2				2				2							
1				1				1				1				1				1				1				1				1							
0				0				0				0				0				0				0				0				0							
-1				-1				-1				-1				-1				-1				-1				-1				-1							
-2				-2				-2				-2				-2				-2				-2				-2				-2							
-3				-3				-3				-3				-3				-3				-3				-3				-3							
			0				0				0				0				0				0				0				0								

Nemesis: xxx

21	M	A	E	22	M	A	E	23	M	A	E	24	M	A	E	25	M	A	E	26	M	A	E	27	M	A	E	28	M	A	E	29	M	A	E	30	M	A	E
3				3				3				3				3				3				3				3				3							
2				2				2				2				2				2				2				2				2							
1				1				1				1				1				1				1				1				1							
0				0				0				0				0				0				0				0				0							
-1				-1				-1				-1				-1				-1				-1				-1				-1							
-2				-2				-2				-2				-2				-2				-2				-2				-2							
-3				-3				-3				-3				-3				-3				-3				-3				-3							
			0				0				0				0				0				0				0				0								

Nemesis: yyy

21	M	A	E	22	M	A	E	23	M	A	E	24	M	A	E	25	M	A	E	26	M	A	E	27	M	A	E	28	M	A	E	29	M	A	E	30	M	A	E
3				3				3				3				3				3				3				3				3							
2				2				2				2				2				2				2				2				2							
1				1				1				1				1				1				1				1				1							
0				0				0				0				0				0				0				0				0							
-1				-1				-1				-1				-1				-1				-1				-1				-1							
-2				-2				-2				-2				-2				-2				-2				-2				-2							
-3				-3				-3				-3				-3				-3				-3				-3				-3							
			0				0				0				0				0				0				0				0								

