EVERY Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Eat breakfast																
Brush teeth and/or floss																
Brisk Aerobic / Cardiovascular Exercise - minimum 20 minutes																
Thoroughly clean one part of your living space																
Put aside a small amount of money (eg some change in a jar)																
Completely avoid recreational drugs																
Recall a pleasurable or uplifting experience																
In a quiet place, read at least 1 complete section of course work																
Note the most important points on a side of A4 date it and file it																
Read the notes you made 1 day ago, 1 week ago & 1 month ago																
Prepare some fresh food from raw ingredients																
Your own daily goal HERE:.....																
EVERY Week																
Try something new (food, hobby, place, skill, poem ...)																
Have an extended talk with your mum																
Have an extended talk with a friend																
Clear out at least one unused piece of clutter																
Add some personal items HERE:																
and here:																
Finally																
Avoid intoxication every day (occasional modest alcohol OK)																
Bring to mind a kind or positive thing that has been said to you																

EVERY Day	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Eat breakfast																
Brush teeth and/or floss																
Brisk Aerobic / Cardiovascular Exercise - minimum 20 minutes																
Thoroughly clean one part of your living space																
Put aside a small amount of money (eg some change in a jar)																
Completely avoid recreational drugs																
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