

My 30-Day Better Choices Challenge

Track your positive choices each day. Place a check mark in each box when you complete the activity. Small choices made consistently can create a brighter future.

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
Attended School/Work On Time																														
Exercised (20+ Minutes)																														
Read or Learned (15+ Minutes)																														
Helped Someone																														
Stayed Positive																														
Avoided Negative Habits																														
Daily Reflection/Gratitude																														

Reflection: What was the best choice I made this month? _____

What is one positive habit I want to continue building? _____