|  |
| --- |
| December  |
|  2022 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| January  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| February  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| March  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| April  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| May  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| June  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| July  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| August  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| September  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| October  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| November  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| December  |
|  2023 |
| Helpful Habits Calendar |

|  |  |
| --- | --- |
| Current Reality vs. Not so much…Take time to look at your schedule. The goal is to take baby steps. Sometimes it’s easier to look at things in smaller blocks (daily, weekly) than overwhelming yourself looking at an entire month/year. We learn to crawl before we learn to walk right? *The goal is to create habits that bring you joy, happiness and personal fulfilment*. **Example :** You want more time with your kids/partner but your calendar each day/week is 95% work. We can’t exactly remove work from our lives but are there times that you could be reading a book with the kiddo instead of checking work emails on your phone? **SCHEDULE TIME/BLOCK TIME OFF FOR THE NEW HABIT**: 6-7PM you read with kiddos & do not look at phone/work emails. Eventually you block off 2 hours for family time/no work emails or cell etc. Grow into helpful habits | Insert Photo of what your Helpful Habits Focus is - Example: Kiddo/Family PicInsert Photo of what your Helpful Habits Focus is Example: Kiddo/Family Pic |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |