

# Make one, Break one 30-Day Challenge

Month :

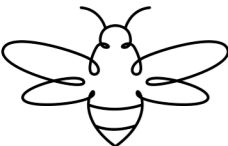
Year :

## Make One Goal



Blank space for writing the goal.

## Break One Goal



Blank space for writing the goal.

## Thoughts

Vertical list of seven circles, each followed by a dotted line for writing thoughts.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

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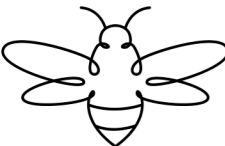
Month :

Year :

## Make One Goal



## Break One Goal



## Thoughts

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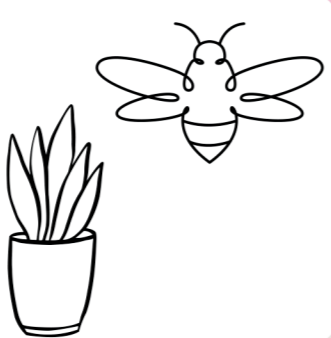
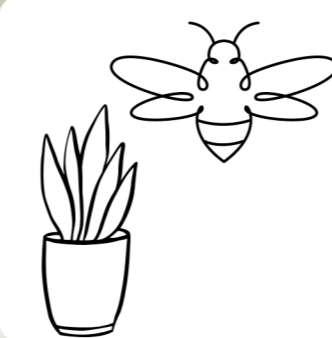
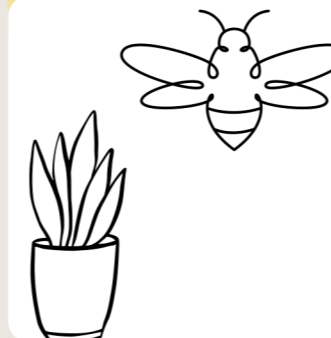
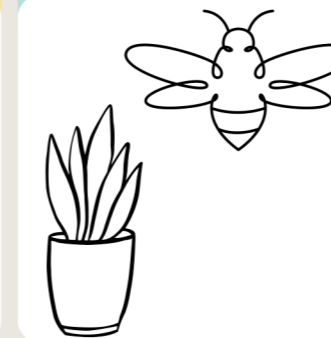
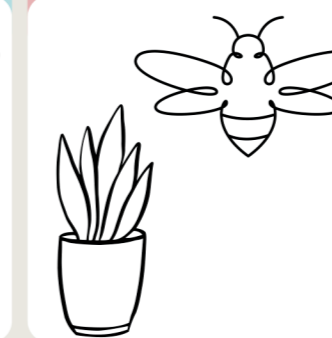
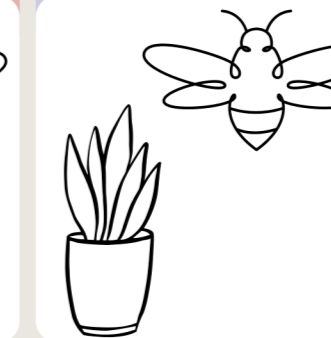
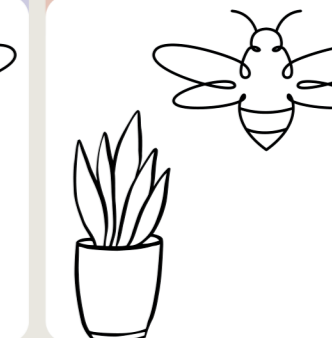
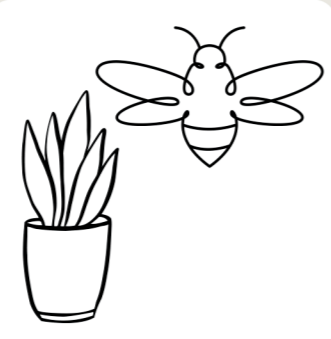
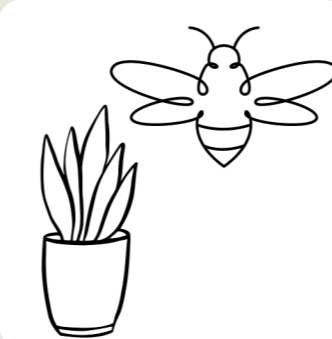
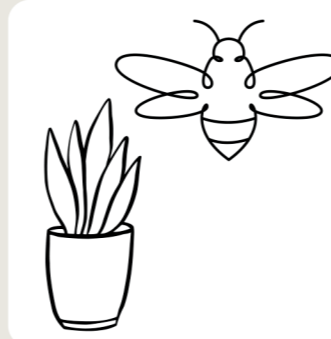
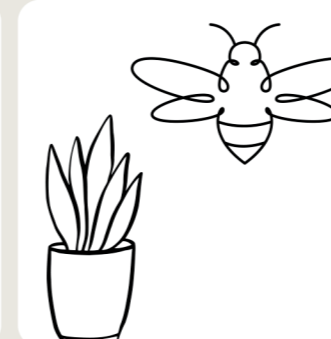
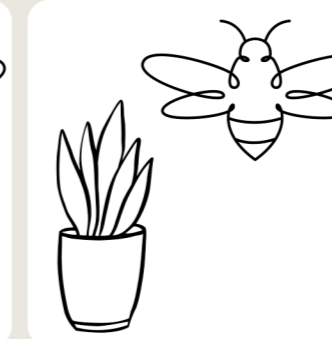
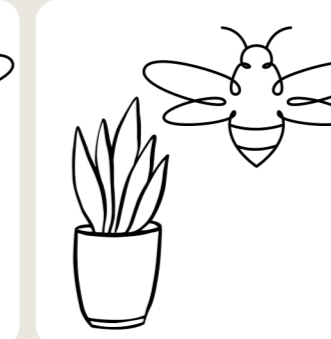
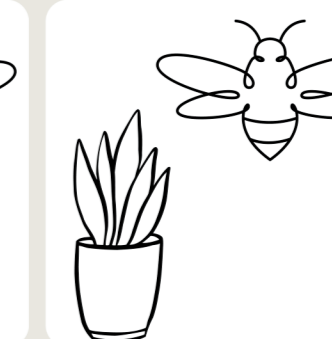
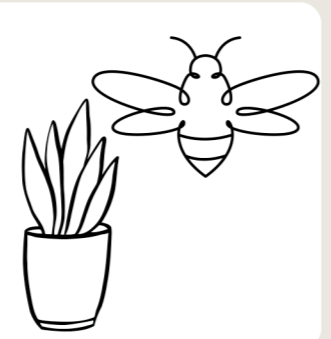
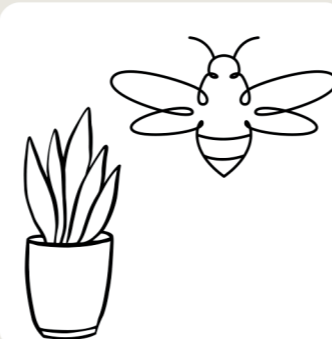
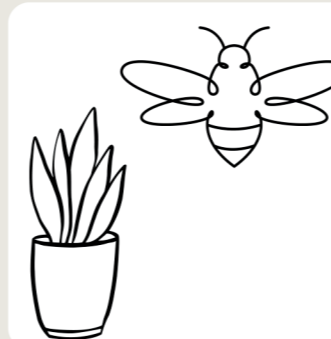
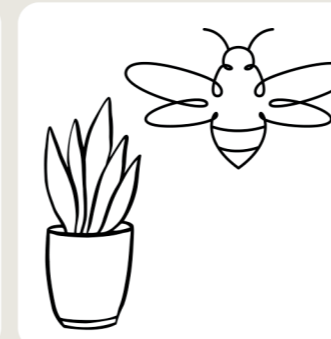
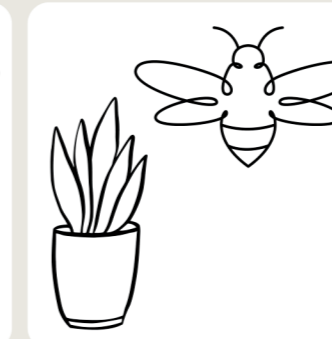
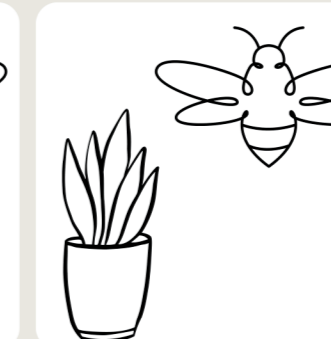
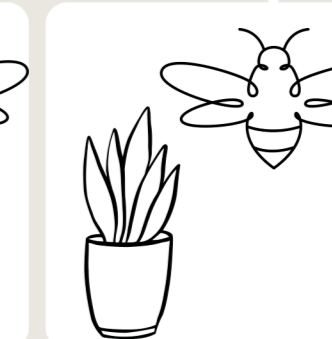
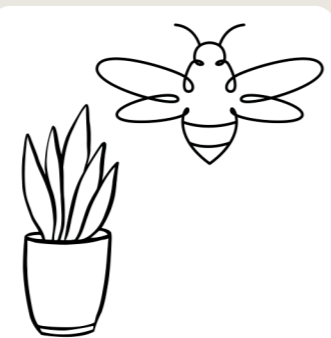
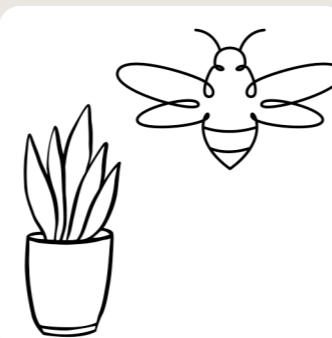
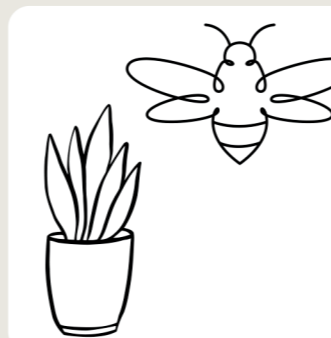
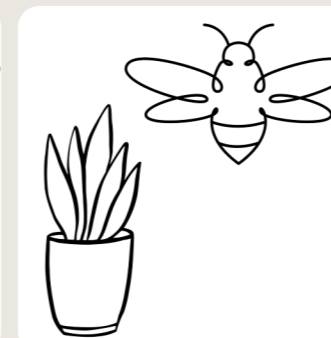
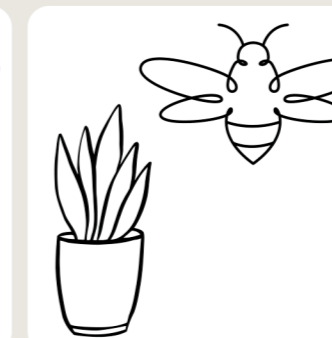
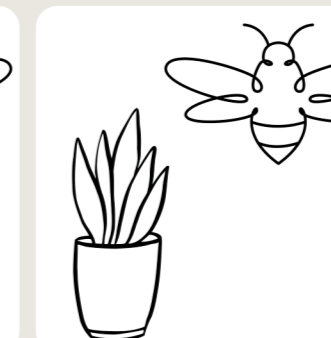
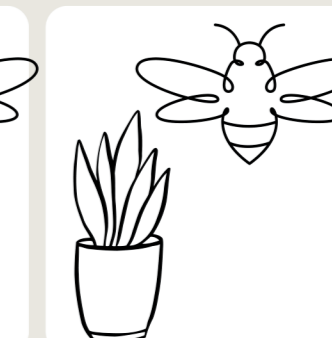
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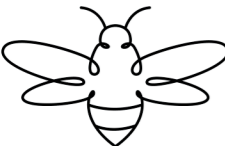
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